Smile Like The Sun

級數: Intermediate

編舞者: Lana Wilson (USA) - January 2010

音樂: Smile - Uncle Kracker

8 count intro, start 1 count before vocals

STEP FWD, FWD-LOCK-FWD, FWD-LOCK-FWD, 1/2 PIVOT & STEP, 1/4 TURN, 1/2 TURN

1 Step forward on L

拍數: 32

- 2&3 Step R forward, lock L behind R, step R forward
- 4&5 Step L forward, lock R behind L, step L forward
- 6&7 Step R forward, 1/2 pivot left weight L, step R forward (6:00)
- 1/4 turn right stepping L to left (9:00), 1/2 turn right on ball of L (3:00) 8&

SIDE SHUFFLE, CROSS ROCK-RECOVER-SIDE, CROSS SHUFFLE, SIDE-CLOSE-FWD

- 9&10 Step R to right, step L beside R, step R to right
- 11&12 Cross L over R, recover on R, step L to left side
- 13&14 Cross R over L, step L to left, cross R over L
- 15&16 Step L to left, step R beside L, step L forward

SIDE-CLOSE-BACK, ROCK BACK-RECOVER-1/2 TURN, ROCK BACK, RECOVER-1/4 TURN x2, SLIDE 1/4 TURN

17&18	Step R to right, step L beside R, step R back
19&20	Rock back on L, recover on R, turn 1/2 right stepping L back (9:00)
21&22	Rock R back, recover on L, turn 1/4 left stepping R to right (6:00)
23&24	Rock back on L, recover on R, turn 1/4 right stepping L to left (9:00)

Slide R beside L turning 1/4 right weight on R (12:00) &

TRIPLE FWD, FWD MAMBO, TRIPLE BACK, TRIPLE 1/2 TURN

- 25&26 Triple forward LRL
- 27&28 Rock forward on R, recover back on L, step R back
- 29&30 Triple back LRL
- 31&32 Turn 1/2 right stepping RLR in place (6:00)

ROCK FWD-RECOVER-BACK, ROCK BACK-RECOVER-FWD, TOGETHER x2

- 33&34 Rock L forward, recover back on R, step L back,
- 35&36 Step R back, recover forward on L, step R forward
- Step L beside R &
- 37&38 Rock R forward, recover on L, step R back
- 39&40 Rock L back, recover forward on R, step L forward
- & Step R beside L (6.00)

Begin Again

Ending: On 6th pattern (starting at 6:00), dance 1-23&, skip the 1/4 turn and do this:

24&25 Step L forward, step R beside L, step L forward and hold

Choreographer Note: Music is not regular but beat is steady. This pattern works well without extras or restarts.

Thanks to my husband Tony for checking the sheet and helping make one part of the dance work better!

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牆數:2