

YOU'RE SO SMOOTH

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Record: STAR Record No. 143 "Smooth" Available from Palomino Records
CD Ross Mitchell, "Dancing in Time", Track 10 Rdancer@aol.com
Phase: IV + 2 Cha Cha (Double Cubans, Single Cuban) www.RMNOBLE.com
Footwork: Opposite, directions for man (lady as noted) Speed as on CD
Sequence: Intro, A, B, C, A, B(1-14), Ending Revised April 2006

- INTRO -

1 - 4 **BFLY FC WALL WAIT 2;; FENCELINE; DOUBLE CUBANS a HALF;**

- 1-2 BFLY facing WALL lead ft free wait 2 meas;;
3 {FENCELINE} Lunge thru L, rec R, sd L/cl R, sd L;
1&2&3&4 4 {DOUBLE CUBANS a HALF} XRIFL / rec L, sd R / rec L, XRIFL / rec L, sd R;

- A -

1 - 4 **OPEN BREAK; THRU to an AIDA; SWITCH CROSS; CUCARACHA;**

- 1 {OPEN BREAK} Rock apt L, rec R, sd L/cl R, sd L; (W rk apt R, rec L, sd R/cl L, sd R;)
2 {THRU to an AIDA} Trng lf fc thru R, trng rt fc sd L, cont trn bk R/cl L, bk R;
3 {SWITCH CROSS} Trng lf fc sd L, rec sd R, XLIFR/sd R, XLIFR trng to fc partner;
4 {CUCARACHA} Sd R with partial wt, rec L, in pl R/cl L, in pl R;

5 - 8 **HALF BASIC; to a FAN; DOUBLE CUBANS;;**

- 5-6 {HALF BASIC to a FAN} Fwd L, rec R, sd L/cl R, sd L; bk R trng slightly lf fc, fwd L, sd R/cl L, sd R facing WALL; (W bk R, rec L, sd R/cl L, sd R; fwd L trng lf fc, backing LOD R, bk L/lk R, bk L;)
7-8 {DOUBLE CUBANS} XLIFR / rec R, sd L / rec R, XLIFR / rec R, sd L; XRIFL / rec L, sd R / rec L, XRIFL / rec L, sd R;

9 - 12 **HOCKEY STICK to LOP;; NEW YORKERS (twice);;**

- 9-10 {HOCKEY STICK to LOP} Rk fwd L, rec R, in pl L/cl R, in pl L; rk bk R, rec L, sd R/cl L, sd R facing WALL; (W cl R, fwd L, fwd R/lk L, fwd R; fwd L, fwd R trng lf fc 3/4 under joined lead hands to fc partner, sd L/cl R, sd L;)
11-12 {NEW YORKERS (twice)} Swvl rt fc ¼ fwd L with straight knee, rec R trng lf fc to fc partner, sd L/cl R, sd L; swvl lf fc ¼ fwd R with straight knee, rec L trng rt fc to fc partner, sd R/cl L, sd R;

13 - 16 **KICK to a FOUR to TRIPLE CHAS LOD;; NEW YORKER; SINGLE CUBAN;**

- 13-14 {KICK to a FOUR to TRIPLE CHAS LOD} Swvl rt fc kick L to RLOD, swvl lf fc bending lf leg at knee so lower lf leg is level with floor, swvl lf fc to LOD fwd L/lk R, fwd L; fwd R/lk L, fwd R, fwd L/lk R, fwd L;
15 {NEW YORKER} Fwd R with straight knee, rec L trng rt fc to fc partner, sd R/cl L, sd R in BFLY;
1&2 3&4 16 {SINGLE CUBAN} XLIFR / rec R, sd L, XRIFL / rec L, sd R;

- B -

1 - 4 **TRAVELING DOOR; START TRAVELING DOOR W UNDERARM TRN; to a LARIAT HALF M TRN to FC; SD WLK a HALF LOD;**

- 1 {TRAVELING DOOR} Rk sd L, rec R, XLIF/sd R, XLIF;

- 2 **{START TRAVELING DOOR W UNDERARM TRN}** Rk sd R, rec L leading W to trn rt fc under lead hnds, in pl R/L, R; (W rk sd L, rec R trng rt fc under joined lead hnds, cont trn fwd L/R, L to M's rt sd;)
 - 3 **{LARIAT HALF M TRN to FC}** Rk sd L, rec R, in pl L/R, L trng lf fc ½ to fc COH in BFLY; (W circling M CW fwd R, fwd L, fwd R/L, R to fc partner & WALL in BFLY;)
 - 4 **{SIDE WALK a HALF LOD}** Sd R LOD, cl L, sd R/cl L, sd R;
- 5 – 8 CRAB WALKS LOD;; FENCELINE; CROSS BODY ENDING to WALL:**
- 5-6 **{CRAB WALKS LOD}** XLIFR, sd R, XLIFR/sd R, XLIFR; sd R, XLIFR, sd R/cl L, sd R;
 - 7 **{FENCELINE}** Repeat meas. 3 of INTRO facing COH
 - 8 **{CROSS BODY ENDING to WALL}** Trng lf fc ¼ bk R, rec L cont trn to fc WALL, sd R/cl L, sd R to lead hands joined; (W fwd L, fwd R trng lf fc ½, sd L/cl R, sd L;)
- 9 – 16 Repeat meas. 1 – 8 to FC WALL with a handshake**
- 9-16 Repeat meas. 1-8 of PART B to end facing WALL with rt hnds joined

- C -

- 1 – 4 FLIRT;; SOLO FENCELINE; SPOT TRN to FC:**
- 1-2 **{FLIRT}** Rk fwd L, rec R, in pl L/cl R, in pl L trng W to VARS pos facing WALL; XRIBL, rec L, sd R/cl L, sd R sliding to the rt bhnd W; (W rk bk R, rec L, fwd R/cl L, R trng lf fc to VARS pos facing WALL; XLIBR, rec R, sd L/cl R, sd L sliding to the lf in front of M;)
 - 3 **{SOLO FENCELINE}** XLIFR, rec R, sd L/cl R, sd L sliding bhnd W; (W XRIFL, rec L, sd R/cl L, sd R sliding in front of M;)
 - 4 **{SPOT TRN to FC}** XRIF trng lf fc, rec L cont trn to fc partner & WALL, sd R/cl L, sd R; (W XLIF trng rt fc, rec R to fc partner, sd L/cl R, sd L;)
- 5 – 8 OPEN BREAK to a BOLERO BJO; WHEEL CW 2 & CHA; CHK FWD, REC to BOLERO SCAR & WHEEL CCW; WHEEL 2 & CHA to FC COH:**
- 5 **{OPEN BREAK to BOLERO BJO}** Rk apart L, rec R to BOLERO BJO pos, fwd L/R, L wheeling CW; (W rk apart R, rec L to BOLERO BJO pos, fwd R/L, R in a CW wheel;)
 - 6 **{WHEEL 2 & CHA}** Cont CW wheel fwd R, fwd L, fwd R/L, R; (W cont CW wheel fwd L, fwd R, fwd L/R, L;)
 - 7 **{CHK, REC to BOLERO SCAR & WHEEL CCW}** Chk fwd L, rec R to BOLERO SCAR, wheel CCW fwd L/R, L; (W chk fwd R, rec L to BOLERO SCAR, wheel CCW fwd R/L, R;)
 - 8 **{WHEEL 2 & CHA to FC COH}** Cont CCW wheel fwd R, fwd L to fc COH, fwd R/L, R; (W cont CCW wheel fwd L, fwd R to fc partner, fwd L/R, L;)

- A -

Begin facing COH causes all directions to be reversed in Part A

- B (1-14) -

Begin facing COH causes all directions to be reversed in Part B

- ENDING -

- 1 – 2 AIDA in 3 – HIP PUMPS (twice) – REC QUICK AIDA with ARMS;:**
- 123- 1-2 To RLOD thru L, trng lf fc sd R, cont trn bk L, raise R hip; raise R hip, qk rec fwd R/ trng
-2&3- lf fc sd L, cont trn bk R with lf arm fwd & rt arm extended up & out, -; (W to RLOD thru R, trng rt fc sd L, cont trn bk R, raise L hip; raise L hip, qk rec fwd L/trng rt fc sd R, cont trn bk L with rt arm fwd & lf arm extended up & out, -;)