

Smooth Sailing

PARTNER

54 Count 1 Walls

Choreographed by: Bob Smith & Helen Ayling

Choreographed to: Their Hearts

Are Dancing by The Forester Sisters

MAN:**BOX STEP****/Without advancing along LOD**

- 1 Step left forward
- 2 Step right to right side
- 3 Step left next to right
- 4 Step right back
- 5 Step left to left side
- 6 Step right next to left

BASIC WALTZ SERIES**/Advancing along LOD**

- 1 - 2 - 3 Step forward left, right, left
- 4 - 5 - 6 Step forward right, left, right

LADY'S AND MAN'S CHASE**/Moving forward, then backward along LOD**

- 1 - 2 - 3 Step forward left, right, left
- 4 - 5 - 6 Step forward right, left, right
- 1 - 2 - 3 Step back into full left turn: left, right, left
- 4 - 5 - 6 Step back right, left, right

CROSSOVERS**/Serpentine advancing along LOD**

- 1 Step left 45 degrees to right across right
- 2 Step with right
- 3 Step with left
- 4 Step right 45 degrees to left across left
- 5 Step with left
- 6 Step with right
- 1 - 6 Repeat serpentes 1-6 above.

LADY 1 1/2 TURN AND WALTZ BASIC**/Advancing along LOD**

- 1 Step left forward
- 2 Step right forward
- 3 Step left forward
- 4 - 5 - 6 Step forward right, left, right

HESITATION STEPS**/Advancing along LOD**

- 1 Step left forward
- 2 Swing right forward
- 3 Hold
- 4 Step right forward
- 5 Swing left forward
- 6 Hold

LADY 1/2 TURN AND WALTZ BASIC**/Advancing along LOD**

- 1 - 2 - 3 Step forward left-right-left

/Returning to closed position
4 - 5 - 6 Step forward right-left-right

LADY

BOX STEP

/Without advancing along LOD
1 Step right back
2 Step left to left side
3 Step right next to left
4 Step left forward
5 Step right to right side
6 Step left next to right

BASIC WALTZ SERIES

/Advancing along LOD
1 - 2 - 3 Step back right, left, right
4 - 5 - 6 Step back left, right, left

LADY'S AND MAN'S CHASE

/Forward then backward along LOD
1 - 2 - 3 Step back into full right turn: right, left, right
4 - 5 - 6 Step back left, right, left
1 - 2 - 3 Step forward right, left, right
4 - 5 - 6 Step forward left, right, left

CROSSOVERS

/Serpentine, advancing along LOD
1 Step right 45 degrees to left behind left
2 Step with left
3 Step with right
4 Step left 45 degrees to right behind right
5 Step with right
6 Step with left
1 - 6 Repeat crossovers, 1-6 above.

LADY 1 1/2 TURN AND WALTZ BASIC

/Advancing along LOD
1 - 2 - 3 Stepping right-left-right, step back into 1 1/2 turn ending on right side of man.
4 - 5 - 6 Step forward left, right, left

HESITATION STEPS

/Advancing along LOD
1 Step right forward
2 Swing left forward
3 Hold.
4 Step left forward
5 Swing right forward
6 Hold.

LADY 1/2 TURN AND WALTZ BASIC

/Advancing along LOD
1 - 2 - 3 Stepping right-left-right, step forward into 1/2 turn right
/Return to closed position, lady in front of man.
4 - 5 - 6 Step back left, right, left

REPEAT