



Smooth and Seductive

32 Count, 4 Wall, Intermediate

Choreographer: Helaine Norman (UK) Aug 2017

Choreographed to: Just One Dance by Caro Emerald.

Album: Deleted Scenes from the Cutting Room Floor

Intro: 48 counts

Section 1 Stomp, bounce heel (x3); stomp, toe fan (x3)

1-4 Stomp right and bounce right heel (x3) (weight ends on right)

5-8 Stomp left (left knee turned inward), fan left toes left, right, left (weight ends on left)

Section 2 Step Together, Chasse; Cross Rock, Step Drag

1-2 Step right side, step left together

3&4 Chasse right side (right-left-right)

5-6 Rock left over, recover on right

7-8 Step left side (big), drag right together (weight remains on left)

Section 3 Syncopated Reverse Weave; 1/4 Turn, Kick Ball Touch, Touch Touch

1&2 Step right behind, step left side, step right over

3-4 Step left side, turn 1/4 right and step (weight to right) (3:00)

5&6 Kick left forward, step left together, touch right in place

7-8 Touch right side, touch right together

Section 4 Rock Recover, 1/2 Turn, Brush; Cross Side, Reverse Weave

1-2 Step right forward, recover on left

3-4 Turn 1/2 right (spinning on left) and step right, brush left forward (9:00)

5-6 Step left over, step right side

7&8 Step left behind, step right, step left over

Optional styling for count 4: Sweep left over instead of brush forward.

Repeat

Restart: During 4th wall after 16 counts (3:00).

Tag/Bridge: End of 8th wall music pauses (12:00).

Toe Struts with Hip Bumps

1&2 Touch right toes and bump right hip, drop right heel (weight ends on right)

3&4 Touch left toes and bump left hip, drop left heel (weight ends on left)

Optional for tag during pause in music:

1-4 Two Prissy walks forward

To end at 12:00: Will be at 3:00 in section II (after 5-6 rock recover), turn 1/4 left to 12:00, step left and pose.