

SMILE

CHOREO: Paula and Warwick Armstrong,
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MUSIC: Smile (Ross Mitchell)

Track 30 on Dance and Listen CD- "30 Top Foxtrots" DLD 1094 2:19 @ 100% (45RPM)

FOOTWORK: Opposite unless indicated

RHYTHM: FOXTROT PHASE: RAL phase III

Easy level

Oct 2009

SEQUENCE: INTRO A B A B END

INTRO

1-4 WAIT;; APT PT; TOG TCH TO CP/LOD;

1-2 Op/fc Partner/WALL lead ft free wait 2 meas;;

3-4 Apt L,-, pt R, -; Tog R to cp/lod,-, tch L,- ;

PART A (CP/LOD)

1-8 FWD RUN 2 TWICE;; PROG BOX;; 2 L TRNS TO THE WALL;;

VINE 3; THRU FC CL;

1-2 Fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R;

3-4 Fwd L,-, sd R, cl L; fwd R,-, sd L, cl R;

5-6 Fwd L begin LF trn,-, cont trn sd & bk R, cl L; Bk R w/LF trn,-, cnt trn sd & fwd L, cl R end CP/WALL;

7 Sd L,-, XRIB, Sd L;

8 Thru R, - , fwd L to fc, cl R CP/WALL;

9-16 BOX;; HOVER TO SCP; MAN ROLL ACROSS TO ½ OP;

LADY ROLL ACROSS TO ½ OP; THRU, FC, CL;

TWIRL VINE; THRU TO PK-UP SD, CL LOD;

9-10 Fwd L,-, sd R, cl L; bk R,-, sd L, cl R;

11 Fwd L, -, fwd & sd R rising to ball of foot, rec L to SCP;

12 Fwd R trng RF (fwd L), -, sd & bk L cont turn (fwd R), sd R (fwd L) ½ OPEN LOD;

13 Fwd L (fwd R trng RF), -, fwd R (sd & bk L cont turn), fwd L (fwd R) ½ OPEN LOD;

14 Thru R, - , fwd L to fc, cl R CP/WALL ;

15 Sd L raise lead hand (start RF twirl under joined lead hands), -, XRIB, sd L (finish twirl sd R fc partner);

16 Thru R, -, sd & fwd L fc LOD (sd & bk R), cl R to CP LOD;

PART B (CP/LOD)

1-4 L TRNG BOX;;;;

1-2 Fwd L begin LF trn,-, cont trn fwd & sd R, cl L;

bk R w/LF trn,-, cont trn bk & sd L, cl R;

3-4 REPEAT MEAS 1 & 2 PART B end CP LOD;;

5-8 FWD RUN 2; MANUV; 2 R TURNS TO CP/LOD;;

5-6 Fwd L,-, fwd R, fwd L; Fwd R trng RF (bk L), -, sd L & bk, cl R; CP fcg RLOD

7-8 Bk L trn RF, -, sd R, cl L; Fwd R trn RF, -, sd L, cl R fc CP/LOD;

9-12 L TRNG BOX;;;;

9-12 Repeat measures 1-4 Part B

13-16 FWD RUN 2; MANUV; SPIN TURN; BK ½ BOX;

13-14 Repeat measures 5-6 Part B

15-16 Bk L pivoting ½ RF to fc LOD,-, fwd R between woman's feet & rise , sd & bk L (W fwd R between man's feet pivoting ½ RF,-, bk L continuing trn & rise brush R to L, fwd R) to end CP/LOD ;

Bk R,-, sd L, cl R end in CP/LOD;

REPEAT PART A
REPEAT PART B
END (CP /LOD)

1- DIP &TWIST,-

1 Bk L with relaxed L twist LF ,- hold as music fades