

Smooth Intention

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Count: 64

Wall: 2

Level: High Improver

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Intro: 16 count from first beat (app. 15 seconds into track). Start with weight on L foot.

Restart happen on wall 2 and 4 facing 12', after 48 counts

[1 - 8] Walk, Walk , Ancor Step, Full turn L, Coaster Step

1-2 Walk R,L (1,2) 12:00

3&4 Step R behind L (3), Step L on place (&), Step R back (4), 12:00

5-6½ L step L forward (5), ½ L step R back (6), 12:00

7&8 Step L back (7), Step R next L (&), Step L forward (8) 12:00

[9 - 16] Point & Point & Heel & Heel & Touch & Heel, Ball cross ¼ R, Shimmy up

1&2& Touch R to R (1), bring R next L (&), Touch L to L (2), bring L next R (&), 12:00

3&4&R heel forward (3), bring R next L (&), L heel forward (4), bring L next R (&), 12:00

5&6&7 Touch R next L (5), Step R on place (&), L heel forward (6), bring L next R (&), ¼ R and cross R over L (7) as you cross, bend your knees low 12:00

&a8As you straighten up, shimmy your shoulders fast 3 times (&a8) weight is on your R 3:00

[17 - 25] Side, Cross, Side, Cross, Side rock, Behind ¼ R step forward

1-2-3-4 Step L to L side (1), Cross R over L (2), Step L to L side (3), Cross R over L (4), 3:00

5-6 Rock L to L side (5), Recover (6), 3:00

7&8 Cross L behind R (7), ¼ R step R forward (&), Step L forward (8), 6:00

[26 - 32] Rock, Recover, Coaster step, Step pivot 1/2 R, Shuffle forward

1-2 Rock R forward (1), Recover (2), 6:00

3&4 Step R back (3), Step L next R (&), Step R forward (4), 6:00

5-6 Step L forward (5), Pivot ½ R step R forward (6), 12:00

7&8 Step L forward (7), Step R next L (&), Step L forward (8), 12:00

[33-40] Cross Samba x2, Syncopated jazz-box, Heels bounce

- 1&2** Cross R over L (1), Rock L to L (&), Recover (2), 12:00
- 3&4** Cross L over R (3), Rock R to R (&), Recover (4) 12:00
- 5-6&7** Cross R over L (5), Step L back (6), Step R to R (&), Cross L over R (7) 12:00
- &8** Bounce both heels up and down (&8) weight is on your L 12:00

[41-48] Hitch , Side, Sailor Step, Touch Unwind ½ R, Mambo L

- &1-2** Hitch R (&), Big step R to R (1), Drag L next to R (2) 12:00
- 3&4** Cross L behind R (3), Step R to R (&), Step L to L (4), 12:00
- 5-6** Touch R behind L (5), Unwind ½ R and Step R forward (6) 6:00
- 7&8** Rock L forward (7), Recover (&), Step L next R (8) 6:00

Restart happen here facing 12' on wall 2 and 4

[49-56] Step-Point x2, Rock Recover, Back Touch x2

- 1-2-3-4** Step R forward (1), Point L to L (2), Step L forward (3), Point R to R (4), 6:00
- 5-6** Rock R forward (5), Recover (6), 6:00
- &7&8** Step R back into R diagonal (&), Touch L next R (7), Step L back into L diagonal (&), Touch R next L (8) 6:00

[57-64] Back Rock, Recover, Step Pivot ½ L x2, Kick ball step

- 1-2** Rock R back (1), Recover (2) 6:00
- 3-4-5-6** Step R forward (3), Pivot ½ L Step L forward (4), Step R forward (5), pivot ½ L Step L forward (6) 6:00
- 7&8** Kick R forward (7), Step R next to L (&), Step L forward (8). 6:00

Start again !

Last Update: 12 Apr 2026