

Mr. Smooth and Seductive (aka Smooth and Seductive)

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Helaine Norman (August 2017)

Music: Just One Dance by Caro Emerald; Album: Deleted Scenes from the Cutting Room Floor

Intro: 48 counts

I. 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)

II. 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)

Restart on 4th wall (3:00).

III. 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

IV. 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: 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 Tags for 1-4 at 4-count pause in music:

Toe Struts X2

1-2: Touch R toe next to L (with R knee inward about 11:50), drop R heel returning to center

(will look like knee pops)

3-4: Repeat on L side

or

1-4: Prissy walks forward R-L

Last Update - 18th May 2018