

TITLE: SMOOTH SAILIN'
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<https://youtu.be/ILckqXRGjwo?si=v9ygb0Towa-tgJY2>
FOOTWORK: Opposite,except where noted
RHYTHM: TS **PHASE:** II **EZ** 10/25

SEQUENCE: A X B A B C A END

INTRO

1-4 **OP FCNG ;; APT PT ; BFLY ;**

1-4 OP FCNG wait ;; bk L,-,pt R,- ; tog R,-,tch L, ;BFLY _

-A-

1-4 **FC-FC ; BK-BK ; HITCH 6 ;;**

1-4 sd L,cl R,fwd L,- ; thru sd R,cl L,fwd R,- ;OP fwd L,cl R,bk L,- ; bk R,cl L,fwd R,- ;

5-8 **BASKETBALL TRN ;;OP STRUT 4 ;;**

5-6 lunge sd L,-,rec R trng in fc RLOD,-; lunge thru sd L,-,rec R trng away fc LOD,-;OP

7-8 strut fwd L,-,R,- ; L,-,R,- ;

9-12 **LACE ACROSS ; FWD 2STP ; HITCH 6 ;;**

9-10 [W under lead hnds] fwd L,cls R,fwd L,-; fwd R,cls L,fwd R LOP,-;

11-12 fwd L,cl R,bk L,- ; bk R,cl L,fwd R,- ;

13-16 **LACE BK ; FWD 2STP ;FC TWO SD CLS ; SD,DRAW,CLS ;**

13-14 [W under trlng hnds] fwd L,cls R,fwd L,-; fwd R,cls L,fc R,-;BFLY

15-16 sd L,cl R,sd L,cl R ; sd L,draw R,cl R,- ;

-X-

1-2 **APT PT ; FC TCH ;**

1-2 bk L,- pt R,- ; tog R,0,tch L,- ;

-B-

1-4 **TRAVELING BOX ;;;**

1-4 sd L,cl R,fwd L,- ; twd RLOD fwd R,-,fc L,- ; sd R,cl L,bk R,- ; twd LOD fwd L,-,R,- ;

5-8 **CIRCLE CHASE ;;;CP**

5-6 [twd COH W follow M] fwd L,cl R,fwd L,- ; fwd R,cl L,fwd R,- ;

7-8 [twd W M follow W] fwd L,cl R,fwd L,- ; fwd R,cl L,fwd R,- ;CP

9-12 **BROKEN BOX ;;;**

9-12 sd L,cl R,fwd L,- ; rk fwd R,-,rec L,- ; sd R,cl L,bk R,- ; rk bk L,-,rec R,- ;

13-16 **LIMP 4 ; WK 2 ; HITCH 4 ; WK 2 ;**

13-16 sd L,XRib,sd L,XRib ;OP fwd L,-,fwd R,- ; fwd L,cl R,bk L,cl R ; fwd L,-,fwd R,- ;

-C-

1-4 **SCP TWO FWD ;; CIRCLE 2-2STPS ;;**

1-4 SCP fwd L,cl R,fwd L,- ; fwd R,cl L,fwd R,- ; cir fwd L,cl R,fwd L,- ; fwd R,cl L,fwd R,- ;

5-8 **FWD,LK,FWD ; FWD,LK,FWD ;BFLY OP VINE 4 ;;SCP**

5-8 [twd ptrn] fwd L,lk,R,fwd L,-; fwd R,lk L,fwd R,- ;BFLY sd L,-,XRib,- ; sd L,-,XRif,- ;SCP

9-12 **TWO FWD ;; TWO TURNING ;;**

9-10 fwd L,cl R,fwd L,-,fwd R,cl L,fwd R,- ;

11-12 sd L,cls R, trn sd/bk L trng RF,-; sd R,cls L,trn sd/fwd R trng RF,-;

13-16 **TWIRL 2 ; WK 2 ; VINE APT ; VINE BFLY ;**

13-16 sd L,(W twirl RF),-,XRib,- ; fwd L,-,fwd R,- ; sd L,XRib,sd L,-; sd R,XLib,fc R,- ;BFLY

END

1-4 **APT PT ; SCP ; 2 FWD ;;**

1-4 bk L,-,pt R,- ; tog R,-,tch L, ;SCP fwd L,cl R,fwd L,-; fwd R,cl L,fwd R,- ;

5-8 **TWO TURNING ;; TWIRL 2 ; APT & PT ;**

5-6 sd L,cls R, trn sd/bk L trng RF,-; sd R,cls L,trn sd/fwd R trng RF,-;

7-8 sd L (W twirl RF),-,XRib,- ; bk L,-,pt R,- ;

SMILE !