



# SMILE

<b>Choreographers:</b>	<b>Release date:</b> October 2010
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40	<b>Rhythm &amp; Phase:</b> <b>Cha Cha VI</b> [Strictly standard figures]
	<b>Music:</b> Lily Allen's CD "Alright Still", track 1 or MP3 download from most sites.
	<b>Time &amp; Speed:</b> 3:12 @ unchanged speed
<b>annetteandfrank@gmail.com</b>	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
	<b>Sequence:</b> Intro – AB – AB*C

## INTRODUCTION

<b>1</b>	<b>Wait;</b>	BFLY WALL w/ M's R & W's L ft free wt 1 meas;
<b>2</b>	<b>Shoulder to Shoulder to L-HND STAR;</b>	Fwd R to BFLY BJO, rec L, trng RF sd R/cl L, sd R to L-HND STAR DRW;
<b>3 - 6</b>	<b>Umbrella Turn;;;</b>	Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R ( <i>W fwd L trng ½ RF undr jnd hnds, rec R, fwd L/cl R, fwd L</i> ); fwd L, rec R, bk L/cl R, bk L ( <i>W fwd R trng ½ LF undr jnd hnds, rec L, fwd R/cl L, fwd R</i> ); bk R, rec L trng to fc WALL, sd R/cl L, sd R ( <i>W fwd L trng ½ RF undr jnd hnds, rec R trng to fc ptr, sd L/cl R, sd L</i> );
<b>7</b>	<b>Hand to Hand;</b>	XLib to OP LOD, rec R to fc, sd L/cl R, sd L to mom BFLY WALL;
<b>8</b>	<b>Spot Turn;</b>	Relg hnds XRif trng LF, rec L contg LF trn, sd R/cl L, sd R;

## PART A

<b>1 - 2</b>	<b>Advanced Alemana;;;</b>	*Fwd L, rec R, trng 1/8 RF bk L/slip bk R, raising jnd ld hnds cl L ( <i>W bk R, rec L, fwd R/lk Lib, fwd R com RF trn</i> ); trng RF XRib, sd L compg RF trn to fc COH, sd R/cl L, sd R ( <i>W trng RF undr jnd ld hnds fwd L, fwd R cont trn, contg RF trn to fc ptr fwd L/cl R, fwd &amp; sd L</i> ) to LOP-FCG COH ;
<b>3 - 4</b>	<b>Advanced Hip Twist to a Fan;;;</b>	*Press fwd L w/ slt RF bdy trn, rec R, bk L/slip R, lwrng ld hnds cl L ( <i>W swvlg ½ RF rk bk R to mod SCP WALL, rec L swvl ½ LF to fc ptr, outsd ptr fwd R/cl L, fwd R swvl ¼ RF on R ft</i> ); bk R, rec L, XRif/cl L, sd R ( <i>fwd L, fwd R swvlg ½ LF, bk L/XRif, bk L</i> ) to FAN pos M fcg COH & W fcg LOD;
<b>5 - 8</b>	<b>Hockey Stick 2x;;;</b>	*Fwd L, rec R, XLib/sm sd R, sd L raisg jnd ld hnds to form window ( <i>W cl R, fwd L, fwd R/lk Lib, fwd R</i> ); sm bk R, rec L, lwrng hnds strong fwd R/lk Lib, fwd R followg W ( <i>W fwd L, fwd R &amp; spiral LF 5/8 undr jnd hnds, bk L/lk Rif, bk L</i> ) to LOP-FCG DLC; [ <b>Facing Hockey Stick</b> ] Fwd L, rec R trng ¼ RF, XLib/cl R, sm sd L raisg jnd ld hnds to form window ( <i>W bk R, fwd L, fwd R/lk Lib, fwd R</i> ); sm bk R, rec L trng ¼ RF, lwrng hnds fwd R/lk Lib, fwd R followg W ( <i>W fwd L, fwd R &amp; spiral LF 1/2 undr jnd hnds, bk L/lk Rif, bk L</i> ) to LOP-FCG DRW;
<b>9 - 12</b>	<b>Basic to Continuous Natural Top;;;</b>	Fwd L, rec R, sd L/cl R, sd L trng 1/8 RF to CP RLOD; rotating RF thruout next 3 meas XRib, sd L, XRib/sd L, XRib ( <i>W sd L, fwd R btw M's ft, sd L/fwd R btw M's ft, sd L</i> ); sd L, XRib, sd L/XRib, sd L ( <i>W insd trn fwd R makg full LF trn under jnd ld hnds, fwd L to CP, fwd R btw M's ft/sd L, fwd R btw M's ft</i> ); XRib, sd L, XRib/sd L, cl R ( <i>W fwd L, fwd R trng LF undr jnd ld hnds, fwd L/fwd R, fwd &amp; sd L</i> ) to CP COH; [total rotation = 2 ½ revolutions]
<b>13</b>	<b>Latin Whisk;</b>	XLib to SCP, rec R to CP, sd L/cl R, sd L;
<b>14</b>	<b>Cross Body Ending;</b>	Slip bk R trng LF, rec L to fc WALL, sd R/cl L, sd R ( <i>trng LF W slip fwd L btw M's ft, contg to trn LF fwd &amp; sd R to fc COH, sd L/cl R, sd L</i> ) to CP WALL;
<b>15</b>	<b>Side Walks 1/2;</b>	Side L, cl R, sd L/cl R, sd L;
<b>16</b>	<b>Spot Turn to BFLY</b>	Relg hnds XRif trng LF, rec L contg LF trn, sd R/cl L, sd R to BFLY WALL;

**PART B**

<b>1</b>	<b>Shoulder to shoulder;</b>	Fwd L to SCAR, rec R to fc, sd L/cl R, sd L;
<b>2 - 6</b>	<b>Follow My Leader; ; ; ; ;</b>	Trng RF XRib, sd L bringing jnd ld hnds down bhd bk to TAND DLC [W bhd M] fwd R/lk Lib, fwd R ( <i>W Alemana Trn L, R trng 1+ 1/8 to end bhd M &amp; followg him fwd L/lk Rib, fwd L</i> ); rlg hnds both curve LF L, R ( <i>W R, L</i> ) to SD-BY-SD RLOD [W on M's L sd], contg LF curve fwd L/lk Rib, fwd L to TAND DLW [M bhd W]; both curve RF R, L ( <i>W L, R</i> ) to SD-BY-SD RLOD [W on M's L sd], contg RF curve fwd R/lk Lib, fwd R to TAND DLC ( <i>W bhd M</i> ); both curve LF L, R ( <i>W R, L</i> ) to SD-BY-SD RLOD [W on M's L sd], contg LF curve fwd L/lk Rib, fwd L to TAND DLW [M bhd W]; bk R, rec L, fwd R/lk Lib, fwd R & jn ld hnds high ( <i>W curv RF fwd L, fwd R, fwd L/lk Rib, fwd L to LOP-FCG w/ hnds high &amp; spiral RF</i> ); [ <i>W needs to keep her circle tight to ensure that on the last step she is fcg DLC w/ ld hnds jnd high to spiral and start circg in opp dir – readiness = success - Option: end circle on M's R sd &amp; dance Lariat</i> ]
<b>7 - 8</b>	<b>Ropespin ; ;</b>	Sd L, rec R, ip L/R, L ( <i>W circg RF arnd M fwd R, L, R/L, R</i> ); sd R, rec L, ip R/L, R ( <i>W cont circg arnd M fwd L, R, L/R, L</i> ); [1 <sup>st</sup> time to LOP-FCG WALL] *[2 <sup>nd</sup> time Ropespin is underturned to a R-HNDSHK LOD]

**REPEAT PARTS A & B****PART C**

<b>1 - 4</b>	<b>Turkish Towel fcg COH; ; ; ; ;</b>	*Fwd L, rec R., bk L/slip R, cl L ( <i>W bk R, rec L, fwd R/lk Lib, fwd R</i> ); bk R, rec L trng ¼ LF, sd R/cl L, sd R ( <i>W RF trn under jnd R hnds L, R, L/R, L</i> ) & also jn L hnds to end in L-SHAD COH [W bhd M & offset to his L sd] with R hnds jnd low bhd M's bk & L hnds jnd low in frt of W's stomach; lookg at W ck bk L w/ slt RF bdy trn ( <i>W lookg at M fwd R w/ slt RF bdy trn</i> ), rec R, sd L/cl R, sd L to SHAD COH [W now offset to his R sd]; lookg at W ck bk R w/ slt LF bdy trn ( <i>W lookg at M fwd L w/ slt LF bdy trn</i> ), rec L, sd R/cl L, sd R to L-SHAD COH;
<b>5</b>	<b>Man turns to face;</b>	Relg hnds fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L ( <i>W bk R, rec L, sd R/cl L, sd R</i> ) & jn ld hnds high;
<b>6 - 10</b>	<b>Follow my Leader; ; ; ; ;</b>	Rpt meas 2-8 Part B; ; ; ; ;
<b>11 - 12</b>	<b>Ropespin; ;</b>	
<b>13 - 14</b>	<b>Shoulder to Shoulder 2x to a L-HND STAR; ;</b>	Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; fwd R to BFLY BJO, rec L, trng RF sd R/cl L, sd & fwd R to L-HND STAR DRW;
<b>15 - 18</b>	<b>Umbrella Turn; ; ; ; ;</b>	Rpt meas 3-8 Intro freezing on last step & extending arms to sd & grinning of course; ; ; ; ;
<b>19</b>	<b>Hand to Hand;</b>	
<b>20</b>	<b>Spot turn &amp; freeze</b>	

**\*NOTE:** In advanced dancing, the chasse part of cha cha figures may be somewhat more sophisticated than the usual side/close, side. The figures in this dance are described with the slip chasse, ronde chasse and hip twist chasse. The normal chasse side/close, side may be substituted if so preferred. In this dance the lady's steps are not affected by the use of advanced chasses, so the following details are for the man:

**Ronde Chasse in context:** Forward L, recover R, XLib/side R, side L (Sailor Shuffle); Appropriate when starting Alemana or Hockey Stick from a Fan.

**Hip Twist Chasse in context:** Back R, recover L, thru R[1/4 LF trn]/close L [1/4 RF trn to face], sd R; Use it when sending the lady out to Fan.

**Slip Chasse in context:** Forward L, recover R, back L/slip R [slide R foot bk about 2-3" before transferring full weight to it], close L; Use it on all Alemanas (from facing position) and all Hip Twists.

**In the popular sequence "Open Hip Twist; Fan; Alemana; ;", the man may use a Slip Chasse + Hip Twist Chasse + Ronde Chasse.**



**Lily Allen** (born 2 May 1985) is an English recording artist, talk show host, and actress. She is the daughter of actor and musician and film producer Alison Owen. She ran away from home to attend the Glastonbury Festival at the age of fourteen. A year later, Allen abandoned school and concentrated on improving her performing and compositional skills. Afterwards, she created several demo songs, and near the end of 2005, she created a profile on MySpace, where she made some of her recordings public. When tens of thousands viewers turned up, a contract was signed with the label Regal Recordings. In 2006 "Smile" reached the top position on the UK Singles Chart.

SMILE – WOODRUFF – CH VI – 3:12 – LILY ALLEN

INTRO (8 meas)

BFLY WALL wait 1 w/ TRAIL Ft free ; Shoulder to Shoulder  
to L/H STAR ; Umbrella Turn ;;;; Hand to Hand ; Spot Turn ;

PART A (16 meas)

Advanced Alemana ;; Advanced Hip Twist to a Fan ;;

Hockey Stick 2x ;;;;

Basic to Continuous Natural Top ;;;;

Latin Whisk ; Cross Body Ending ; Side Walks ½ ; Spot Turn to BFLY;

PART B (8 meas)

Shoulder to Shoulder ; Follow my Leader ;;;; Rope Spin to fc WALL;;

PART A (16 meas)

Advanced Alemana ;; Advanced Hip Twist to a Fan ;;

Hockey Stick 2x ;;;;

Basic to Continuous Natural Top ;;;;

Latin Whisk ; Cross Body Ending ; Side Walks ½ ; Spot Turn to BFLY;

PART B (8 meas)

Shoulder to Shoulder ; Follow my Leader ;;;; Rope Spin to fc LOD;;

PART C (12 meas)

Turkish Towel to fc COH ;;;; Man Turns to Fc ; Follow my Leader ;;;;

Rope Spin ;; Shoulder to Shoulder 2x to L/H STAR ;;

Umbrella Turn ;;;; Hand to Hand ; Spot Turn & Freeze ;