

# SMOOTHIE

Composers : Sue & Phil Harris, 19130 El Cerrito Way, Aromas, CA 95004 (831)726-7053 [SUZQS4U@aol.com](mailto:SUZQS4U@aol.com)  
Record : Hi-Hat 965 'Smoothie' (Palomino Records) f/s: Sissy  
Sequence : INTRO-AB-AB-INT-CD-CD-END. (*Woman in parentheses*)  
Phase : II + 1 Rhythm : Two Step Speed : 45 RPM Release : March 2001

## INTRODUCTION

1 - 4 OP FCG, WAIT 2 MEAS;; APART POINT; TOG TCH SCP;  
1-2 OP FCG, WAIT 2;;  
3-4 Sd,-, Pt toe twd ptrn,-; Sd,-, tch SCP,-;

## PART A

1 - 4 TWO FORWARD 2-STEPS;; FC [START] BROKEN BOX;;  
1-2 Fwd, cl, fwd,-; Fwd, cl, fwd,-; FC  
3-4 Sd, cl, fwd,-; Rk fwd,-, rec,-;  
5 - 8 [FINISH] BROKEN BOX;; FORWARD HITCH; SCISSORS THRU; OP  
5-6 Sd, cl, bk,-; Rk bk,-, rec,-;  
7-8 Fwd, cl, bk,-; Sd, cl, XIF,-; OP

## PART B

1 - 4 FORWARD LOCK FORWARD TWICE;; HITCH 6;; SCP  
1-2 Fwd, lk, fwd,-; Fwd, lk, fwd,-;  
3-4 Fwd, cl, bk,-; Bk, cl, fwd,-; SCP  
5 - 8 SLOW TWISTY VINE 4;; BJO CKG FISHTAIL; WALK 2; SCP  
5-6 Sd bk,-, XIB,-; Sd fwd,-, XIF,-; BJO CKG  
7-8 XIB, sd, fwd, lk; Fwd,-, fwd,-; SCP

REPEAT : A - B (WALK & CHECK)

## INTERLUDE

1 - 2 FISHTAIL; WALK & FACE; CPW  
1-2 XIB, sd, fwd, lk; Fwd,-, fwd trng to fc Ptrn,-; CPW

## PART C

1 - 4 LEFT TURNING BOX ;;;  
1-2 Sd, cl, fwd trn,-; Sd, cl, bk trn,-;  
3-4 Sd, cl, fwd trn,-; Sd, cl, bk trn,-;  
5 - 8 FACE TO FACE; BACK TO BACK; BASKETBALL TURN;;  
5-6 Sd, cl, trn,-; Sd, cl, trn,-; BFY  
7-8 Fwd trn,-, rec trn,-; Fwd trn,-, rec trn,-;

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## PART D

- 1 - 4      LACE ACROSS; FORWARD 2-STEP; CP / COH BOX;;  
1-2      Fwd, cl, fwd passing bhd W,-; Fwd, cl, fwd trng to fc ptr,-; CP/COH  
3-4      Sd, cl, fwd,-; Sd, cl, bk,-;  
5 - 8      REVERSE BOX;; LACE ACROSS; FORWARD 2-STEP; FC CPW  
5-6      Sd, cl, bk,-; Sd, cl, fwd,-;  
7-8      Repeat Meas 1 & 2;; FCG WL

## REPEAT C - D

## ENDING

- 1 - 4      TRAVELING BOX, POINT THRU & HOLD ;;;;  
1-2      Sd, cl, fwd,-; Trn fwd,-, fwd,-;  
3-4      Sd, cl, bk,-; Trn fwd,-, pt thru & hold,-;