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## Esmee Smoothie

32 count, 2 wall, beginner level

Choreographer: Ronnie James (UK) Nov 2006  
Choreographed to: Last Night by Chris Anderson &  
D.J.Robbie, CD Single

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Intro: Immediate Start on 1st. heavy beat.

**Section 1 Cross Rock, Chasse R, Cross Rock, Chasse L**

1 - 4 Cross rock R over L, Recover on L, Chasse Right on R,L,R.

5 - 8 Cross Rock L over R, Recover on R, Chasse Left on L,R,L.

**Section 2 Cross Rock, Chasse R, Toe Strut with Twist, Heel Taps x 2**

9 - 12 Repeat Steps 1 – 4 in Section 1

13 Step on Ball of Left foot with foot pointing to the right

14 - 16 Twist Heel of Left Foot to Right, Tap Heel of Left foot Twice

**Section 3 Toe Struts x 2, Walk Forward Right & Left, Heel Strut**

17 - 18 Step Forward on toe of Right foot, Step on heel of Right foot

19 - 20 Step Forward on toe of Left foot, Step on heel of Left foot

21 - 22 Walk Forward on Right and Left

23 - 24 Step Forward on heel of Right foot, Step on toe of Right foot

**Section 4 Rock Forward, Recover, Back Shuffle, ½ Turn Heel Strut, Forward Shuffle**

25 - 28 Rock Forward on Left foot, Recover on Right, Shuffle Back on L, R, L.

29 - 30 ½ Turn Right on to heel of Right foot, Step down on toe of Right foot.

31 - 32 Shuffle Forward on L, R, L.