

# Smooth Existence

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Frida Axelsson (SWE)

Musique: För Att Du Finns - Sonja Alden



## ROCK, RECOVER, COASTER STEP, FULL TURN RIGHT, ANCHOR STEP

- &1 Rock right foot forward
- 2 Recover to left foot
- 3 Step right foot back
- & Step left foot next to right foot
- 4 Step right foot forward
- 5 Step left foot forward, turn ½ right
- 6 Step right foot back, turn ½ right
- 7 Step left foot forward
- 8 Cross right foot behind left foot
- & Recover weight on left foot
- 1 Step right foot back

## FULL TURN LEFT TWICE, SWEEP, SAILOR STEP, ANCHOR STEP, COASTER STEP

- & Step left foot back, turn ½ left
- 2 Step right foot forward, turn ½ left
- & Step left foot back, turn ½ left
- 3 Step right foot forward, turn ½ left
- 4 Sweep left foot side left, turn 1/8 left
- & Step right foot beside left foot
- 5 Step left foot forward
- & Step right foot side right
- 6 Cross left foot behind right foot
- & Recover weight on right foot
- 7 Step left foot back, turn 1/8 right
- 8 Step right foot back
- & Step left foot beside left foot
- 1 Step right foot forward

## STEP, TURN ¼ RIGHT, RECOVER, ROCK, CROSS, SIDE STEP, COASTER STEP TURN ¼ LEFT

- 2 Step left foot forward and turn ¼ right
- 3 Recover weight on right foot
- 4 Rock left foot side left
- & Recover to right foot
- 5 Cross left foot over right foot
- 6 Step right foot side right
- 7 Step left foot back, turn ¼ left
- & Step right foot beside left foot
- 8 Step left foot forward

## SLOW ROCKING CHAIR, 1 ½ TURN RIGHT, STEP, POINT, STEP

- 1 Rock right foot forward
- 2 Recover to left foot
- 3 Rock right foot back
- 4 Recover to left foot
- 5 Step right foot forward, turn ¼ right

& Step left foot side left, turn  $\frac{1}{4}$  right  
6 Step right foot back, turn  $\frac{1}{2}$  right  
& Step left foot forward, turn  $\frac{1}{2}$  right  
7 Step right foot in place  
8 Point left foot forward  
& Step left foot in place

**REPEAT**

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