

# Effort

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Cato Larsen (NOR) - 8 May 2023  
音乐: Effort - SVEA



**Intro: Start the dance at vocals after 10 counts (15 seconds).**

**Motion: Novelty (For social & fun only)**

**Tempo: 71 BPM.**

**SOD: Speed of Dance; Normal to Slow.**

**[1 – 8] Cross Shuffle, Hitch & Ronde, Cross Shuffle, Hitch & Ronde, Cross Rock, Side, Point, Rolling Vine.**

- 1&2      Cross right over left (1), Step left to left side (&), Cross right over left (2). 12:00
- &      Hitch left knee up and Ronde clockwise (&). 13:00
- 3&4      Cross left over right (3), Step right to right side (&), Cross left over right (4). 12:00
- &      Hitch right knee up and Ronde counterclockwise (&). 10:30
- 5&      Cross right over left (5), Rock (recover) back again onto left (&). 12:00
- 6&      Step right to right side (6), Point left toe to left side (&).
- 7      Turn ¼ turn left Stepping forward on left (7). 9:00
- &      Turn (pivot) ½ turn left Stepping back on right (&). 3:00
- 8      Turn (pivot) ¼ turn left Stepping left to left side (8). 12:00

**[9 – 16] Heel Grind ¼ turn, ½ Pivot turn, ¼ Pivot turn into Side Rock, Cross Sweep, Cross, Sweep, Weave.**

- 1&      Press right heel across of left (1), Grind right heel to floor as you turn ¼ turn right Stepping back on left (&). 3:00
- 2&      Step back on right (2), Rock (recover) forward again onto left (&). 9:00
- 3      Pivot ½ turn left Stepping back on right (3). 3:00
- 4&      Pivot another ¼ turn left Stepping left to left side (4), Rock (recover) back again onto right (&). 12:00
- 5      Cross left behind right & Sweep right foot around and back (5).
- 6      Cross right behind left & Sweep left foot around and back (6).
- 7&      Cross left behind right (7), Step right to right side (&),
- 8&      Cross left over right (8), Step right to right side (&).

**[17 – 24] Flicks side to side, Behind, ¼ turn, Side, Back Rock, Side Rock, Cross Mambo ½ turn.**

- 1      Step left next to right and Flick at the same time right leg straight out to right side (1).
- &      Step right next to left and Flick at the same time left leg straight out to left side (&).
- 2      Step left next to right and Flick at the same time right leg straight out to right side (2).
- 3&      Cross right behind left (3), Turn ¼ turn left Stepping forward on left (&). 3:00
- 4      Step right to right side (4).
- 5&      Cross left behind right (5), Rock (recover) back again onto right (&).
- 6&      Step left to left side (6), Rock (recover) back again onto right (&).
- 7&      Cross left over right (7), Rock (recover) back again onto right (&). 4:30
- 8      Turn (pivot) ½ turn left Stepping forward on left (8). 10:30

**[25 – 32] Side Rock into Cross Shuffle, ¼ Pivot turn, ½ Pivot turn, Rock Step, Side Rock, Sailor Step.**

- 1&      Straighten up at 9:00 and Step right to right side (1), Rock (recover) back again onto left (&). 9:00
- 2&3 &      Cross right over left (2), Step left to left side (&), Cross right over left (3). Turn (pivot) ¼ turn right Stepping back on left (&). 12:00
- 4      Turn (Pivot) ½ turn right Stepping forward on right (4). 6:00
- 5&      Step forward on left (5), Rock (recover) back again onto right (&).
- 6&      Step left to left side (6), Rock (recover) back again onto right (&).

7&8                    Cross left behind right (7), Step right slightly to right (&), Step left slightly left (8).

**Tag: To be danced after wall 2. You will be facing 12:00**

**[1 – 2] Cross Rock, Side Rock.**

1&                    Cross right over left (1), Rock (recover) back again onto left (&).

2&                    Step right to right side (2), Rock (recover) back again onto left (&).

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