

Effortless

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Klara Wallman (SWE) - May 2015
音樂: Effortless - Sabina Ddumba : (3:00)



Start on vocals, 16 counts intro.

Cross, Side, Behind, Side, Cross w. Sweep, Cross, Side, Behind, Side, Rockstep.

- 1-2 Cross L over R (1), Step R to R side (2).
3&4 Step L behind R (3), Step R to R side (&), Cross L over R as you sweep R from back to front (4).
5-6 Cross R over L (5), Step L to L side (6).
7&8& Step R behind L (7), Step L to L side (&), Rock R forward (8), Recover onto L (&).

Turn ½, Triple turn, Step, Mambo step, Back, Turn ½, Turn ¼.

- 1-2&3 Turn ½ R stepping R forward (1), Turn ½ R stepping L back (2), Turn ½ R stepping R forward (&), Step L forward (3). (6.00)
4-5&6 Step R forward (4), Rock L forward (5), Recover onto R (&), Step L back (6).
&7-8 Step R back (&), Turn ½ L stepping L forward (7), Turn ¼ L stepping R to R side (8). (9.00)

Together w. Sweep, Behind, Side, Cross and Cross, Turn ¼, Turn ½, Coasterstep.

- 1-2& Step L next to R as you sweep R from front to back (1), Step R behind L (2), Step L to L side (&).
3&4 Cross R over L (3), Step L to L side (&), Cross R over L (4).
5-6 Turn ¼ L stepping L forward (5), Turn ½ L stepping R back (6). (12.00)
7&8 Step L back (7), Step R next to L (&), Step L forward (8).

Kickball, Rockstep, Cross, Side, Behind, Side, Cross, Rockstep, Cross, Turn ¼, Turn ¼.

- 1&2& Kick R forward (1), Step R next to L (&), Rock L to L side (2), Recover onto R (&).
3&4 Cross L over R (3), Step R to R side (&), Step L behind R (4)
5-6&7 Step R to R side (5), Cross L over R (6), Rock R to R side (&), Recover onto L (7).
&8& Cross R over L (&), Turn ¼ R stepping L back (8), Turn ¼ R stepping R to R side. (6.00)

Start again!

Tags: After wall 2 (12.00) and after wall 5 (6.00).

Cross, Side, Behind, Side, Cross w. Sweep, Cross, Side, Sailorstep.

- 1-2 Cross L over R (1), Step R to R side (2).
3&4 Step L behind R (3), Step R to R side (&), Cross L over R as you sweep R from back to front (4).
5-6 Cross R over L (5), Step L to L side (6).
7&8 Step R behind L (7), Step L next to R (&), Step R diagonally forward (8).

Enjoy!