

Effort

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Cato Larsen (NOR) - 8 May 2023
音樂: 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 $\frac{1}{4}$ turn left Stepping forward on left (7). 9:00
- & Turn (pivot) $\frac{1}{2}$ turn left Stepping back on right (&). 3:00
- 8 Turn (pivot) $\frac{1}{4}$ turn left Stepping left to left side (8). 12:00

[9 – 16] Heel Grind $\frac{1}{4}$ turn, $\frac{1}{2}$ Pivot turn, $\frac{1}{4}$ 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 $\frac{1}{4}$ turn right Stepping back on left (&). 3:00
- 2& Step back on right (2), Rock (recover) forward again onto left (&). 9:00
- 3 Pivot $\frac{1}{2}$ turn left Stepping back on right (3). 3:00
- 4& Pivot another $\frac{1}{4}$ 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, $\frac{1}{4}$ turn, Side, Back Rock, Side Rock, Cross Mambo $\frac{1}{2}$ 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 $\frac{1}{4}$ 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) $\frac{1}{2}$ turn left Stepping forward on left (8). 10:30

[25 – 32] Side Rock into Cross Shuffle, $\frac{1}{4}$ Pivot turn, $\frac{1}{2}$ 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) $\frac{1}{4}$ turn right Stepping back on left (&). 12:00
- 4 Turn (Pivot) $\frac{1}{2}$ 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 (&).
