

Side Effect

拍數: 64 牆數: 4 級數: Improver
編舞者: Dawn Rathbun (USA) - June 2023
音樂: Side Effects - Becky Hill & Lewis Thompson



#16 counts in

FORWARD BOUNCE 2X

1 2 3 4 Step forward R slight angle, step together L, bounce both heels 2x

Restart here (wall 3)

5 6 7 8 Step forward L, step together R, bounce both heels 2x

(Style on bounces: as you come up spread knees apart, as you go down close knees).

CROSS ROCK, SIDE ROCK, WEAVE, SIDE ROCK, ¼ WEAVE

1&2& Cross R over L, recover back L, step side R, recover side L

3&4 Cross R behind L, step side L, cross R over L

5 6 7&8 Step side L, recover side R, cross L behind R, step side R, Step R ¼ R, step forward L

FORWARD OUT OUT HOLD, ROLL HIPS, BACK BACK HOLD, ROLL HIPS

&1 2 3 4 Step forward R, step out L, hold, roll hips counterclockwise

&5 6 7 8 Step back R, step out L, hold, roll hips counterclockwise

WALK, WALK, 2 STAMPS, ¼ MONTERAY

1 2 3 4 Step forward R, step forward L, stamp R next L 2x (weight still on L)

5 6 7 8 Touch R toe to the side, bring R in as you turn ¼ R step R, touch L toe side, together L

SIDE ROCK, SIDE ROCK, CROSS OVER, CROSS OVER

1 2&3 4& Step side R, recover side L, together R, step side L, recover R, together L

5 6&7 8& Cross R over L, step back L, ball R next L, step L over R, step back R, ball L next R

ROCK BACK, ¼ PIVOT 2X, SAILOR

1 2 3 4 Step back R, recover forward L, step forward right, ¼ L (weight on L)

5 6 Step forward right, ¼ L (weight on L)

7&8 Step R behind L, ball L next R, step side R slight angle R

CROSS OVER, COASTER, COASTER, COASTER

1 2 3&4 Cross L over R, step R slight angle L, step back L, together R, step forward L,

5&6 Step forward R, together L, step back R slight angle L

7&8 Step back L, together R, step forward L slight angle L

CROSS OVER, COASTER, COASTER, ¼ ROCK BACK

1 2 3&4 Cross R over L, step L slight angle R, step back R, together L, step forward R

5&6 7 8 Step forward L, together R, step back L, ¼ back R, recover forward L

REPEAT

NOTE: FIRST 8 COUNTS OPTIONS:

KNEE POPS ON COUNTS 3 4 PUSH R KNEE IN, PUSH L KNEE IN 7 8 PUSH L KNEE IN, PUSH R KNEE IN OR ROLL KNEES L, R COUNTS 3 4 ROLL KNEES R, L COUNTS 7 8

Last Update - 12 June 2023