

So Effortless

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Micaela Svensson Erlandsson (SWE) - June 2024
音樂: Effortless - Jacqline



Intro: 16 Counts

Section 1 Heel Switches. Step. Swivel both. Coaster Step. Forward Shuffle.

1& Touch right heel forward. Step right in place.
2&3 Touch left heel forward. Step left in place. Step forward on right.
&4 Swivel both heels right. Swivel both heels back to centre.
5&6 Step back on right. Step left beside right. Step forward on right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Section 2 Rock Step. Shuffle ½ Turn x2. Back Rock.

1-2 Rock forward on right. Recover onto left.
3&4 Shuffle ½ Turn back over right shoulder, stepping right, left, right.
5&6 Shuffle ½ Turn forward over right shoulder stepping left, right, left.
7-8 Rock back on right. Recover onto left.

Easy Option: Replace the Shuffle turns with right Shuffle back and left Shuffle back.

***1st Restart: On Wall 2 facing 9 o'clock.**

***2nd Restart: On Wall 4 facing 6 o'clock.**

Section 3 Heel Switches. Forward Shuffle. Heel Switches. Forward Shuffle.

1& Touch right heel forward. Step right in place.
2& Touch left heel forward. Step left in place.
3&4 Step forward on right. Close left beside right. Step forward on right.
5& Touch left heel forward. Step left in place.
6& Touch right heel forward. Step right in place.
7&8 Step forward on left. Close right beside left. Step forward on left.

***3rd Restart: on Wall 8, facing 9 o'clock**

Section 4 Step. ¼ Turn left. Cross Shuffle. Left Chasse. Back Rock.

1-2 Step forward on right. Turn ¼ left.
3&4 Cross right over left. St left to left side. Cross right over left.
5&6 Step left to left side. Close right beside left. Step left to left side.
7-8 Rock back on right. Recover onto left.

***1st Restart on Wall 2, after Section 2, facing 9 o'clock**

***2nd Restart on Wall 4, after Section 2, facing 6 o'clock**

***3rd Restart on Wall 8, after Section 3, facing 9 o'clock**