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