



Effort

Choreographed by **Cato Larsen**
(May 8th, 2023)

www.catolarsen.com

www.western-entertainment.no

email: cl@western-entertainment.no



Description: 32 counts, 2 Wall Line Dance.
Level: Intermediate.
Music: Effort - Svea.
CD: Digital Download only - Spotify
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.
Videolink: <https://youtu.be/illLf8Xg7rM>
Dance nr: 160

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 (&).	1:300
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 ¼ turn left Stepping forward on left (7).	9:00
&	Turn (pivot) ½ turn left Stepping back on right (&).	3:00
8	Turn (pivot) ¼ turn left Stepping left to left side (8).	12:00

9 – 16	Heel Grind ¼ turn, ½ Pivot turn, ¼ 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 ¼ turn right Stepping back on left (&).	3:00
2&	Step back on right (2), Rock (recover) forward again onto left (&).	9:00
3	Pivot ½ turn left Stepping back on right (3).	3:00
4&	Pivot another ¼ 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, ¼ turn, Side, Back Rock, Side Rock, Cross Mambo ½ 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 ¼ 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) ½ turn left Stepping forward on left (8).	10:30

25 – 32	Side Rock into Cross Shuffle, ¼ Pivot turn, ½ 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) ¼ turn right Stepping back on left (&).	
4	Turn (Pivot) ½ turn right Stepping forward on right (4).	12:00
5&	Step forward on left (5), Rock (recover) back again onto right (&).	6:00
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:	<i>To be danced after wall 2. You will be facing 12:00</i>	
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 (&).	