

Side Effects

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jake Rader (USA) - June 2023
音乐: Side Effects - Becky Hill & Lewis Thompson



Intro: 16 counts, approximately 8 seconds in, starting on the lyric "thinking."

Tag: At the end of wall 4.

[1 - 8] Step R with Swivels, Stamp L, ¼ Turn Left Kick, Step L with Swivels, Stamp R, ½ Turn Right Hook

- 1 & 2 Step R forward [1]. Swivel both heels right [&]. Swivel both heels back to center (keeping weight on R) [2].
- 3 4 Stamp (stomp without placing weight) L next to R without weight [3]. Turn ¼ left while kicking L forward [4] (9:00).
- 5 & 6 Step L forward [5]. Swivel both heels left [&]. Swivel heels back to center (keeping weight on L) [6].
- 7 8 Stamp R next to L without weight [7]. Hook R across L while making a ½ turn right [8] (3:00).

[9 - 16] Camel walk x4, Sailor R, ¼ Turn Left Sailor L

- 1 2 3 4 Step R forward while popping left knee forward [1]. Step L forward while popping right knee forward [2]. Repeat for [3] and [4].
- 5 & 6 Step R behind L [5]. Step L to left side [&]. Step R to right side [6].
- 7 & 8 Step L behind R [7]. Step R to right side making a ¼ turn left [&] (12:00). Step L to left side [8].

[17 - 24] R Step, Lock, Step, Hold, L Step, Lock, Step, Hold

- 1 2 3 4 Step R forward diagonally to the right [1]. Lock L behind R [2]. Step R forward diagonally to the right [3]. Hold [4].
- 5 6 7 8 Step L forward diagonally to the left [5]. Lock R behind L [6]. Step L forward diagonally to the left [7]. Hold [8].

[25 - 32] Right Heel Grind ¼ Turn Right, Step Back L, R (Toe Fans), "U" Bump, Syncopated Rocking Chair

- 1 2 Grind right heel making a ¼ turn right [1] (3:00). Step back on L while fanning right toes out [2].
- 3 4 Step back on R while fanning left toes out [3]. Step left foot next to right [4].
- 5 6 Bend knees slightly and scoop hips from right to left as you straighten knees (hips move clockwise) over two beats [5,6].
- 7 & 8 & Rock forward on R [7]. Recover on L [&]. Rock back on R [8]. Recover on L [&].

[Tag] Step R with Hip Bumps, Step L with Hip Bumps

- 1 & 2 Step R forward diagonally to the right while bumping hips right [1]. Return hips to center [&] Bump hips right [2].
- 3 & 4 Step L next to R while bumping hips left [3] Return hips to center [&]. Bump hips left [4]