

SMOOTH EXISTENCE

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Frida Axelsson

Music: För Att Du Finns by Sonja Aldén

ROCK, RECOVER, COASTER STEP, FULL TURN RIGHT, ANCHOR STEP

- &1 Rock right foot forward
- 2 Recover to left foot
- 3 Step right foot back
- & Step left foot next to right foot
- 4 Step right foot forward
- 5 Step left foot forward, turn $\frac{1}{2}$ right
- 6 Step right foot back, turn $\frac{1}{2}$ right
- 7 Step left foot forward
- 8 Cross right foot behind left foot
- & Recover weight on left foot
- 1 Step right foot back

FULL TURN LEFT TWICE, SWEEP, SAILOR STEP, ANCHOR STEP, COASTER STEP

- & Step left foot back, turn $\frac{1}{2}$ left
- 2 Step right foot forward, turn $\frac{1}{2}$ left
- & Step left foot back, turn $\frac{1}{2}$ left
- 3 Step right foot forward, turn $\frac{1}{2}$ left
- 4 Sweep left foot side left, turn $\frac{1}{8}$ left
- & Step right foot beside left foot
- 5 Step left foot forward
- & Step right foot side right
- 6 Cross left foot behind right foot
- & Recover weight on right foot
- 7 Step left foot back, turn $\frac{1}{8}$ right

- 8 Step right foot back
& Step left foot beside left foot
1 Step right foot forward

STEP, TURN ¼ RIGHT, RECOVER, ROCK, CROSS, SIDE STEP, COASTER STEP TURN ¼ LEFT

- 2 Step left foot forward and turn ¼ right
3 Recover weight on right foot
4 Rock left foot side left
& Recover to right foot
5 Cross left foot over right foot
6 Step right foot side right
7 Step left foot back, turn ¼ left
& Step right foot beside left foot
8 Step left foot forward

SLOW ROCKING CHAIR, 1 ½ TURN RIGHT, STEP, POINT, STEP

- 1 Rock right foot forward
2 Recover to left foot
3 Rock right foot back
4 Recover to left foot
5 Step right foot forward, turn ¼ right
& Step left foot side left, turn ¼ right
6 Step right foot back, turn ½ right
& Step left foot forward, turn ½ right
7 Step right foot in place
8 Point left foot forward
& Step left foot in place

REPEAT