

No Rest For The Wicked

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Kristian Lundhild - September 2014

Musik: Ain't No Rest for the Wicked - Cage the Elephant



#32 count into to start with lyrics

[1-8] □ WALK, WALK, WALK, SIDE, LOOK, LOOK, HEAL, 1/4 HEAL, SIDE

- 1-4 1) Step R forward; 2) Step L forward; 3) Step R forward; 4) Step L to left
5-6 5) Turn head L; 6) Turn head R
&7-8 &) Pivot R heal in; 7) Turn 1/4 right pivoting L heal back; 8) Step R to right

[9-16] □ OUT, IN, OUT, IN, OUT, STEP, LOCK, STEP, 1/4 SIDE,

- 1-2 1) Pivot R heal out; 2) Pivot R heal in
3&4 3) Pivot R heal out; &) Pivot R heal in; 4) Pivot R heal out
5-6 5) Step R forward; 6) Lock L behind right
7-8 7) Step R forward; 8) Turn 1/4 right stepping L to left

[17-24] □ 1/2 HINGE, HOLD, DOWN, UP, OUT, IN, OUT, IN

- 1-2 1) Turn 1/2 right stepping R to right; 2) Hold
3-4 3) Bend knees; 4) Stand up
5-6 5) Press R while popping R knee out; 6) Bring R knee back
7-8 7) Press L while popping L knee out; 6) Bring L knee back

[25-32] □ KICK, DRAG, CROSS, RECOVER, ROCK, RECOVER, TOGETHER, SIDE

- &1-2 &) Step R beside; 1) Kick L diagonally back 2) Drag L beside R
3-4-5-6 3) Cross rock L across R; 4) Recover to R; 5) Rock L back; 6) Recover R
7-8 7) Step L beside R; 8) Step R to right

[33-40] □ 1/4 STEP, HOLD, TOE, HEAL, STEP, 1/4 HEAL, TOE, HEAL

- 1-2 1) Turn 1/4 left stepping L to forward; 2) Hold
3-4 3) Touch R toe; 4) Touch R heal forward
5-6 5) Step R forward; 6) Turn 1/4 right touching L to left and pivoting R heal in;
7-8 7) While pushing L toe, pivot R toe in; 8) Pivot L heal in

[41-48] □ TOE, STEP, ROCK, RECOVER, 1/4 STEP, HOLD, 1/4 SIDE, 1/4 TOGETHER

- 1-2 1) Sill pushing L toe, pivot R toe in; 2) Step L to left
3-4 3) Rock R behind L; 4) Recover L
5-6 5) Turn 1/4 right stepping R forward; 6) Hold
7-8 7) Turn 1/4 right stepping L to left; 8) Turn 1/4 right stepping R beside L

[49-56] □ JUMP, HOLD, SHOULDER, SHOULDER, JUMP, HOLD, SHOULDER, SHOULDER

- 1-2 1) Jump forward feet together; 2) Hold
3-4 3) Push R shoulder forward and back; 4) Push R shoulder forward and back;
5-6 5) Jump forward feet together; 6) Hold
7-8 7) Push R shoulder forward and back; 8) Push R shoulder forward and back;

[57-64] □ BACK, BACK, JUMP, CROSS, SLOW UNWIND, HITCH

- 1-2 1) Step L back; 2) Step R back
3-4 3) Jump feet apart; 4) Jump crossing R over L
5-6-7 5-6-7) Turn full turn with slow unwind
8 8) Turn 1/4 left hitching R leg

Restart 5th wall: First 31 counts are the same. On count 32, hitch R leg, and Restart.

Make It Funky

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