

You Can Rest

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Gary O'Reilly (IRE) - May 2022

Musik: You Can Rest - Hillary Scott



Music Available from iTunes & Amazon

#16 count intro

Section 1: WALK, STEP 1/4 CROSS, 1/4, 1/4, TOUCH, SIDE, BEHIND SIDE, CROSS ROCK

- 1 Walk forward on R (1)
- 2 & 3 Step forward on L (2), pivot 1/4 R (&), cross L over R (3) (3:00)
- & 4 & 1/4 L stepping back on R (&), 1/4 L stepping L to L side (4), touch R next to L (&) (9:00)
- 5 6 & Step R long step to R (5), cross L behind R (6), step R to R side (&)
- 7 8 Cross rock L over R (7), recover on R (8)

Section 2: & SPIRAL, RUN RUN RUN/SWEEP, CROSS SIDE, BACK ROCK, & 1/4, HOOK, STEP LOCK

- & 1 Step L to L side (&), walk forward on R (towards L diagonal 7:30) completing a spiral full turn over L hooking L in front of R (1) (7:30)
- 2 & 3 Run L-R-L sweeping R around from back to front on count 3 (completing a 3/8 semi-circle turning L) (2&3) (3:00)
- 4&5 6 Cross R over L (4), step L to L side (&), rock back R behind L opening body to R diagonal (4:30) (5), recover on L (6)
- & 7 & 1/8 L stepping R to R side (&), 1/4 turn L stepping back on L (7), hook R across L (&) (12:00)
- 8 & Step forward on R (8), lock step L behind R (&) (12:00) *RESTART WALL 3 & 6

Section 3: STEP, 1/2, WALK L-R, MAMBO FWD, BACK/Drag, COASTER CROSS SIDE ROCK CROSS

- 1 & Step forward on R (1), 1/2 turn over R on ball of R while hitching L knee (&) (6:00)
- 2 3 Walk forward on L (2), walk forward on R (3)
- 4 & 5 Rock forward on L (4), recover on R (&), long step back on L dragging R to meet L (5)
- 6 & 7 Step back on R (6), step L next to R (&), cross R over L (7)
- & 8 & Rock L to L side (&), recover on R (8), cross L over R (&)

Section 4: SIDE, BEHIND 1/4 FWD, PIVOT 1/2, 1/2 BACK, COASTER STEP, RUN RUN

- 1 Step R to R side (1)
- 2 & 3 Cross L behind R (2), 1/4 R stepping forward on R (&), step forward on L (3) (9:00)
- 4 & 5 Slow pivot 1/2 turn R (4), 1/2 R stepping back on L (&), step back on R (5) (9:00)
- 6 & 7 Step back on L (6), step R next to L (&), step forward on L (7)
- 8 & Small run forward on R (8), small run forward on L (&)

Section 5: SWAY SWAY SWAY, 1/4, 1/2, 1/4 SWAY SWAY SWAY, 1/4, 1/2, 1/4

- 1 2 3 Step R to R side swaying out to R (1), sway to L (2), sway to R rocking out slightly on R (3)
- 4 & 1/4 L stepping forward on L (4), 1/2 L stepping back on R (&) (12:00)
- 5 6 7 1/4 L stepping L to L side swaying out to L (5), sway to R (6), sway to L rocking out slightly on L (7) (9:00)
- 8 & 1 1/4 R stepping forward on R (8), 1/2 R stepping back on L (&), 1/4 R stepping R to R side (1) (9:00)

Section 6: CROSS SIDE BEHIND/SWEEP, BEHIND 1/4, WALK R-L, ROCKING CHAIR

- 2 & 3 Cross L over R (2), step R to R side (&), cross L behind R sweeping R from front to back (3)
- 4 & Cross R behind L (4), 1/4 L stepping forward on L (&) (6:00)
- 5 6 Walk forward on R (5), walk forward on L (6)
- 7&8& Rock forward on R (7), recover on L (&), rock back on R (8), recover on L (&)

***RESTARTS: Dance 16 counts of Wall 3 & 6, restart the dance facing (12:00)**

ENDING: Dance ends facing (12:00) after 24 counts of Wall 8, step R long step to R side to finish facing (12:00)

Contact:

Gary O'Reilly

oreillygaryone@gmail.com

003538578 19808

<https://www.facebook.com/gary.reilly.104>

www.thelifeoreillydance.com
