Get The Rest

Count: 32   **Wand:** 4   **Ebene:** Beginner

Choreograf/in: Daniel Exton (UK) - June 2022

Musik: Music Gets the Best of Me - Sophie Ellis-Bextor

#1: Out, Out, Shuffle, Rock, Recover, Shuffle

1, 2	Right foot forward diagonally to the right, Left foot forward diagonally to the left
3 & 4	Right foot forward, Left foot behind right foot, Right foot forward
5, 6	Rock forward on Left foot, recover on Right foot
7 & 8	Left foot forward, Right foot behind Left foot, Left foot forward

#2: Step, 1/2 Turn, Kick, Kick, Touch, Kick, Chasse

1, 2	Right foot forward, 1/2 turn Right
3, 4	Kick Right foot forward twice
5, 6	Touch Right foot next to Left, Kick Right foot forward
7 & 8	Right foot to Right side, Left foot next to Right, Right foot to Right side

#3: Cross Rock, Recover, Chasse, 1/4 Turn, Stomp, Scuff, Scuff

1, 2	Cross Rock Left behind Right, Recover onto R
3 & 4	Left foot to Left side, Right foot next to Left foot, Left foot to Left side
5, 6	Right foot forward with a 1/4 turn Left, Left foot stomp
7, 8	Left foot scuff forward, Left foot scuff back

#4: Step, Touch, Step, Touch, Rock, Recover, Shuffle 1/2 turn

1, 2	Step Left foot to Left side, touch Right foot next to Left foot
3, 4	Step Right foot to Right side, Step Left foot next to Right foot
5, 6	Rock forward on Left Foot, Recover onto Right foot
7 & 8	Left foot forward with 1/4 turn left, Right foot next to Left, Left foot forward with 1/4 turn left

No Tags, No Restarts, Enjoy!!!