

# Restless

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Lynda Cunningham (UK) & Lynne Northorpe (UK)

**Musique:** Restless - Lacy J. Dalton



## **CROSS ROCK, RECOVER, CHASSE, CROSS, SIDE, SAILOR ¼ TURN**

- 1-2 Rock weight onto right over left, recover the weight onto the left  
3&4 Step right foot to right side, step left foot beside right, step right foot to right side  
5-6 Cross left foot over right, step right foot to right side  
7&8 Step left foot behind right, make ¼ turn left stepping left to left side, step right foot to right side

## **SHUFFLE FORWARD, SHUFFLE FORWARD, SCUFF, HITCH, BACK, ½ SHUFFLE TURN LEFT**

- 1&2 Step right foot forward, step left foot beside right, step right foot forward  
3&4 Step left foot forward, step right foot beside left, step left foot forward  
5&6 Scuff right foot forward, hitch right knee, step back on the right foot  
7&8 Step left foot to left side making a ¼ turn left, step right foot forward making a ¼ turn left, step left foot forward

## **HEEL SWITCHES, STEP ¾ TURN, STEP, SAILOR STEP, SAILOR STEP**

- 1& Tap right heel forward, step weight onto the right foot  
2& Tap left heel forward, step weight onto the left foot  
3&4 Step right foot forward, make a ¾ turn over left shoulder, step right foot to right side  
5&6 Step left foot behind right, step right foot to right side, step left foot to left side  
7&8 Step right foot behind left, step left foot to left side, step right foot to right side

## **STEP ½ TURN, FULL SHUFFLE TURN, KICK, & OUT, CROSS, & OUT**

- 1-2 Step left foot forward, make a ½ turn over right shoulder  
3&4 Step forward on left foot making a ½ turn over right shoulder, step left foot back making a ½ turn over right shoulder, step left foot forward  
5&6 Kick right foot forward, step right foot to right side, step left foot to left side  
7&8 Cross right foot over left, step left foot to left side, step right foot to right side

## **ROCK, RECOVER, BEHIND, FULL UNWIND, SIDE MAMBO, BEHIND SIDE CROSS**

- 1-2 Rock weight forward onto the left foot, recover the weight onto the right foot  
3-4 Touch left toe behind right foot, unwind a full turn over left shoulder  
5&6 Rock weight out onto the right foot, recover the weight onto the left foot, kick right foot to right diagonal  
7&8 Step right foot behind left, step left foot to left side, cross right foot over left

## **TOE SWITCHES, POINT, HITCH, POINT, ¼ TURN, STEP BACK, COASTER STEP, STEP**

- 1& Touch left toe to left side, step weight onto left foot  
2& Touch right toe to right side, step weight onto right foot  
3&4 Point left toe to left side, hitch left knee, point left toe to left side  
5-6 Make a ¼ turn left stepping left back, step right foot back  
&7-8 Step left foot beside right, step right foot beside, step left foot forward

## **REPEAT**

## **TAG**

**Wall 7 (6:00)**

**CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE**

1-2 Cross rock right over left, recover the weight onto the left foot  
3&4 Step right foot to right side, step left foot beside right, step right foot to right side  
5-6 Cross rock left over right, recover the weight onto the right foot  
7&8 Step left foot to left side, step right beside left, step left foot to left side

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