

# No Rest For The Wicked

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Improver  
编舞者: Kristian Lundhild - September 2014  
音乐: 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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