

# Reste

拍数: 72      墙数: 4      级数: Phrased Intermediate / Advanced  
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音乐: Reste - Maître Gims & Sting



Intro : 16 ct

Sequence : AB AB AB B AB B

## PART A: 40 counts

### STEP FWD R, LOCK L WITH HITCH R, SAILOR R, ROCK BACK L, CHASSE ½ TURN

1-2            RF forward, lock LF behind RL with hitch R  
3&4           RF behind LF, LF on left, RF on right  
5-6           Rock L back, recover RF  
7&8           LF ¼ turn right, together, LF ¼ turn right

### BACK PADDLE TURN ¼ X 2, COASTER STEP R, FULL TURN R, MAMBO ¼ TURN L

1-2            ¼ turn R point R to side x 2  
3&4           RF back, LF together, RF forward  
5-6           ½ turn right with LF back, ½ turn right with RF forward  
7&8           LF forward, recover RF with ¼ turn left, LF on left

### ROCK STEP CROSS R, ROCK STEP SIDE R, BEHIND SIDE CROSS, ¼, ¼, CHASSE SIDE L

1&2&          RF cross over LF, recover LF, RF on right, recover on L  
3&4           RF cross behind RF, LF on left, RF cross over LF  
5-6           ¼ turn on right with LF back, ¼ turn on right with RF on right side  
7&8           LF on left, RF together, LF on left

### STEP BACK X 2, COASTER STEP, CHASSE FWD, POINT FWD R, SWEEP ½ TURN HITCH

1-2            RF back with left toe out, LF back with right toe out  
3&4           RF back, LF together, RF forward  
5&6           LF forward, RF together, LF forward  
7-8           Point RF forward, ½ turn sweep right with hitch RF

### SKATE R, SKATE L, CHASSE SIDE R, CROSS OVER, UNWIND ½ TURN, HIP ROLL

1-2            Skate RF on diagonal right forward, skate LF on diagonal left forward  
3&4           RF right, LF together, RF right  
5-6           LF cross over RF, unwind ½ turn on right  
7-8           Hip roll circle (anticlockwise, wight on left at the end)

## PART B: 32 counts

### TAP, TAP, POINT OUT, SAILOR ½ TURN CROSS, ½ TURN L, ½ TURN SWEEP, SAILOR STEP

1&2            Tap RF near LF x2, point RF on right side  
3&4           RF behind, ½ turn right with LF on left, RF cross over LF  
5-6           Unwind ½, ½ turn left with RF back with sweep LF  
7&8           Cross LF behind RF, RF on right, LF on left

### TWIST L x3, BEHIND SIDE CROSS, LUNG L, UNWIND ½ TURN, POINT OUT R

1&2            Twist left heel toe heel  
3&4           Cross behind RF, LF on left, cross over RF  
5-6           Rock LF on left, recover RF  
7-8&          Cross behind LF, unwind ½ turn left, point RF out

### SHUFFLE FWD R, STEP TOUCH BACK KICK, COASTER STEP, POINT FWD, FLICK, POINT FWD

1&2 RF forward, LF together, RF forward  
3&4& LF forward, touch RF behind LF, RF back, kick LF forward  
5&6 LF back, RF together, LF forward  
7&8 Point forward RF, flick RF, point RF forward

**ANCHOR STEP BACK, SHUFFLE ½ TURN L, STEP ½ TURN, STEP FWD R, STEP FWD L**

1&2 RF back, recover LF, recover RF  
3&4 ¼ turn left with LF on left, RF together, ¼ turn left with LF forward  
5-6 RF forward, ½ turn on left  
7-8 Step forward RF, step forward LF

**FINALE : DANCE 5 COUNTS of PART A**

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