

No Rest

拍数: 64 墙数: 4 级数: Beginner
编舞者: Marla Wallace - March 2019
音乐: Ain't No Rest for the Wicked - Cage the Elephant : (CD Single)



Intro: 32 Counts

S1: TOE, HEEL, STOMP, WALK FORWARD – RIGHT AND LEFT (Counts 1 – 8)

1,2,3, Hold 4 Start with right foot, toe, heel stomp, the right foot in front of the left foot
5,6,7, Hold 8 Left foot, toe, heel stomp, the left foot in front of the right foot

S2: HEEL, HEEL STOMP TO SIDE – RIGHT; HEEL, HEEL STOMP TO SIDE – LEFT (Counts 9-16)

1,2,3, Hold 4 Right foot, heel, heel stomp, the right foot to the right side
5,6,7, Hold 8 Left foot, heel, heel stomp up, the left foot to the left side

S3: KICK STOMP, STOMP X 2 (Counts 17-24)

1,2,3, Hold 4 Kick right, stomp back right, stomp back left
5, 6, 7, Hold 8 Kick right, stomp back right, stomp back left

S4: STOMP HEEL STOMP- RIGHT; STOMP HEEL STOMP – LEFT (Counts 25-32)

1, 2, 3, Hold 4 Stomp right foot on diagonal, twist left foot so left heel is perpendicular to the right foot and strike left heel, straighten left foot and stomp next to the right foot
5, 6, 7, Hold 8 Stomp left foot on diagonal, twist right foot so that right heel is perpendicular to the left foot and strike right heel, straighten right foot and stomp next to the left foot

S5: HALF A K, RIGHT COASTER (Counts 33-40)

1, 2, 3, 4 Step to the right forward on a diagonal, bring left foot to the right foot and touch;
5, 6, 7, Hold 8 Step to the left back on a diagonal, bring right foot to the left foot and touch right foot back, left foot back, right foot forward

S6: ROCK AND CROSS, QUARTER HINGE, CROSS (Counts 41 – 48)

1, 2, 3, Hold 4 Rock to the left, right recover, cross left foot over right;
5, 6, 7, Hold 8 Step right foot on the diagonal, step left, quarter turn left, cross right over left

S7: WEAVE LEFT (Counts 49-56)

1, 2, 3, 4 Left foot, Step left side, cross right foot behind left; Step left side, cross right foot in front of left;
5, 6, 7, Hold 8 Step left, rock left, recover right, cross left foot over the right, rock to right foot; Cross left foot in front of right

S8: RUMBA BOX (Counts 57-64)

1, 2, 3, Hold 4 Right foot, step right, Left foot touch right; Right foot forward;
5, 6, 7, Hold 8 Step left ending with feet shoulder width apart; Right foot touch left, left foot back ending with weight on left foot

RESTART 5th PATTERN AFTER 32 COUNTS; 12 O'CLOCK WALL

STEP CHANGE, 8th PATTERN; 6 O'CLOCK WALL

SIDE TOGETHER FORWARD; LEFT CHASE STEP (Counts 57-64)

1, 2, 3, Hold 4 Step right, step left bring left foot next to right foot; Step right foot forward;
5, 6, 7, Hold 8 Step Left foot forward; pivot over right shoulder half turn to 12 O'Clock wall; Step left foot in front of right

