

# Get The Rest

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Daniel Exton (UK) - June 2022  
音乐: 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!!!**

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