

# Reste

拍数: 72      墙数: 2      级数: Phrased Intermediate  
编舞者: Lana Garonska (DE) - May 2024  
音乐: Reste - Maître Gims & Sting



#16 count intro. Start dance on vocal

Sequence: ABABABA\*ABBB

A\*- 32 counts from part A.

## PART A (40 counts)

**A1: 2 Steps forward R L, Kick Out Out, R sailor step, L sailor step ¼ L.**

1-2            Step forward R, Step forward L  
3&4           Kick R forward, Step R side (&) and L to left side (4)  
5&6           step R behind L, step L beside R, step R side  
7&8           step L behind R turn ¼ L (9:00), step R beside L, step L side.

**A2: Step R forward, touch L, step L forward, touch R, step R forward, touch L, sailor step ¼ L**

1-2            Step R forward, touch L side  
3-4            Step L forward, touch R side  
5-6            Step R forward, touch L side  
7&8            step L behind R turn ¼ L (6:00), step R beside L, step L side.

**A3: Step R forward, ¼ touch L, ¼ step back L, touch R, step back R,L, R anchor step**

1-2            Step R forward, turn ¼ R touching L beside R (9:00)  
3-4            Turn ¼ R stepping L back, Touch R beside L (12:00)  
5-6            Step R back, step L back (optional: with heel swivel)  
7&8            Step R back, recover weight to L, recover to R.

**A4: Step R ¼ side, touch L, Step ¼ L, ¼ touch R, syncopated L jazz box, step ¼ L**

1-2            Step L side turning 1/4 (9:00), touch R side  
3-4            Step R ¼ forward (12:00), turn ¼ touching L side (3:00)  
5-6            Cross L over R, step R back  
&7 8           Step L side (&), Cross R over L (7), turn ¼ L stepping L forward (12:00).

A\*- restart A from this part.

**A5: Step R L forward, R forward mambo step, step back L R, L anchor step**

1-2            Step forward R, Step forward L  
3&4            Rock R forward, recover to L, step back R  
5-6            Step back L, step back R  
7&8            Step L back, recover weight to R, recover to L.

## PART B (32 counts)

**B1: Run R L R forward, rock L forward, L back, syncopate R jazzbox, L touch**

1&2            Small run forward R L R  
3-4            Rock L forward, recover to R  
5-6            step L back, cross R over L  
&7-8           Step L side, Step R side, touch L beside R.

**B2: Run L R L back swivelling heels, rock R back, R jazzbox turning ½ R**

1&2            Small step back L swivel R heel, step back R swivel L heel, step back L swiveling R heel  
3-4            Rock R back, recover to L  
5-6            Cross R over L, turn ¼ R step L back  
7-8            Turn 1/4 R stepping R forward, step L forward.

**B3: Repeat B1**

**B4: Repeat B2**

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