

Restless AB

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Shanthie De Mel (AUS) - July 2024
音乐: Restless - Shelby Lynne



Intro: Begin on vocals. Left rotation. No Tags or Restarts.

Split floor dance to RESTLESS. (Jacqui Van Der Helm. 1996.)

(1-8) KICK. KICK. STOMP. HOLD. x2

1, 2 Kick R forward. Kick R forward.
3, 4 Stomp R. Hold.
5, 6 Kick L forward. Kick L forward.
7, 8 Stomp L. Hold. (12:00)

(9-16) RIGHT EXTENDED VINE WITH SCUFF.

1, 2 Step R to right side. Cross L behind R.
3, 4 Step R to right side. Cross L over R.
5, 6 Step R to right side. Cross L behind R.
7, 8 Step R to right side. Scuff L. (12:00)

(17-24) LEFT EXTENDED VINE WITH SCUFF.

1, 2 Step L to left side. Cross R behind L.
3, 4 Step L to left side. Cross R over L.
5, 6 Step L to left side. Cross R behind L.
7, 8 Step L to left side. Scuff R. (12:00)

(25-32) FORWARD. TURN 1/8 LEFT. TOUCH. HOLD. x2

1, 2 Step R forward. Turn 1/8 left on L (10.30)
3, 4 Touch R to L. Hold.
5, 6 Step R forward. Turn 1/8 left on L (9:00)
7, 7 Touch R to L. Hold. (9:00)

Begin Sequence again. Have fun!
