

No Rest

拍数: 32 墙数: 2 级数: Beginner
编舞者: William Sevone (UK)
音乐: The Trouble With the Truth - Patty Loveless



At the start of the 11th wall for around 10 counts the music slows a little. Carry on dancing as normal

2X ¼ TURN 'CHUBBY BROWN'S' WITH EXPRESSION, ROCK BACKWARD-FORWARD, SHUFFLE FORWARD

- 1-2 (Left foot facing forward) turn ¼ right & touch right toe to right side, step right foot next to left
3-4 (Right foot facing forward) turn ¼ left & touch left toe to left side, step left foot next to right
On counts 1 and 3: with lead arm pointing to either right(1) or left (3), flick click fingers of hand
5-6 Rock backward onto right foot, rock onto left foot
7&8 Step forward onto right foot, close left foot next to right, step forward onto right foot

STEP FORWARD, PIVOT ½ RIGHT, FORWARD ½ RIGHT TRIPLE STEP, 2X BACKWARD SIDE TOUCH-STEP BEHIND

- 9-10 Step forward onto left foot, pivot ½ right (weight on right foot)
11&12 Step forward onto left foot, turn ¼ right & step onto right foot, turn ¼ right & step onto left foot
13-14 (Moving backward) touch right toe to right side, cross step right foot behind left
15-16 (Moving backward) touch left toe to left side, cross step left foot behind right
On counts 13 and 15: turn head and point lead arm into move & flick click fingers of hand

UNWIND ½ LEFT, STEP FORWARD, 2X DIAGONAL FORWARD CROSS SHUFFLES, DIAGONAL CROSS STEP, TURN, STEP BACK

- 17-18 Unwind ½ left, step rock slightly forward onto right foot
19&20 (Moving diagonally forward right) cross step left foot over right, step right foot to right side, cross step left foot over right
21&22 (Moving diagonally forward left) cross step right foot over left, step left foot to left side, cross step right foot over left
23-24 Cross step left foot diagonally forward left over right, turn just over ¼ right & step backward onto right foot

BACKWARD LOCK STEP, LONG STEP FORWARD, TOE STEP, HOLD, LONG STEP FORWARD, ½ LEFT WITH TOE STEP, HOLD

- 25-26 Lock left foot across front of right, step backward onto right foot
27-28 Long step forward onto left foot, step right toe next to left
29 Hold
30-31 Long step forward onto right foot, turn ½ left & step left toe next to right
32 Hold (dropping left heel to floor)

REPEAT

DANCE FINISH

On count 17 of the 12th wall as you unwind, touch hat brim with right hand.