

# Restless

拍数: 32      墙数: 2      级数: Improver two step  
编舞者: PJ (UK)  
音乐: Restless - Alison Krauss & Union Station



## ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER, WEAVE TO LEFT

1&            (QQ) Rock forward on right foot, recover weight back on to left foot  
2&            (QQ) Rock right foot to right side, recover weight back on to left foot  
3&4          (QQS) Cross right behind left, step left foot to left side, cross right over left

## ROCK FORWARD, RECOVER, SIDE ROCK LEFT, RECOVER, WEAVE RIGHT WITH ¼ TURN RIGHT

1&            (QQ) Rock forward on left foot, recover weight back on to right foot  
2&            (QQ) Rock left foot to left side, recover weight back on to right foot  
3&4          (QQS) Cross left behind right, make ¼ turn right stepping forward on to right foot, step forward onto left foot

## MAMBO ROCK FORWARD, LEFT LOCK STEP BACK

1&2          (QQS) Rock forward on right foot, recover weight back on to left foot, step right foot beside left  
3&4          (QQS) Step back on left foot, lock right across left, step back on left foot

## SHUFFLE FULL TURN RIGHT (OR COASTER STEP), LEFT LOCK FORWARD

1&2          (QQS) Shuffle full turn to right stepping right, left, right  
**Easy option: right coaster step: step back on right foot, close left beside right, step forward on right foot**  
3&4          (QQS) Step forward on left foot, lock right behind left, step forward on left foot

## RIGHT TOE, HEEL, KICK, CROSS, BACK, SIDE, CROSS

1&            (S) Touch right toe beside left foot, touch right heel beside left foot  
2&            (QQ) Kick right foot to forward right diagonal, cross right over left  
3&4          (QQS) Step back on left foot, step right foot to right side, cross left over right

## RIGHT SIDE ROCK & CROSS & WEAVE LEFT WITH ¼ TURN LEFT

1&            (QQ) Rock right foot to right side, recover weight to left foot  
2&            (QQ) Cross right over left, step left foot to left side  
3&            (QQ) Cross right behind left, make ¼ turn left stepping forward on to left foot  
4             (S) Step forward on to right foot

## MAMBO ½ PIVOT TURN, RIGHT SIDE ROCK & CROSS

1&2          (QQS) Step forward on left foot, pivot ½ turn left (weight on right), step forward on left foot  
3&4          (QQS) Rock right foot to right side, recover weight to left foot, cross right over left

## SIDE, BEHIND & HEEL & CROSS

1             (S) Step left foot to left side  
2&            (QQ) Step right behind left, step left foot to left side  
3&            (QQ) Touch right heel diagonally forward right, step right foot in place  
4             (S) Cross left over right

## REPEAT

## TAG

When using "Restless" by Alison Krauss and Union Station, dance the following tag once at the end of wall 2:  
**ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER**

- 1& (QQ) Rock forward on right foot, recover weight back on to left foot
  - 2& (QQ) Rock right foot to right side, recover weight back on to left foot
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