

# Restless

拍数: 32      墙数: 4      级数: Improver  
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音乐: Restless - Shelby Lynne



## CHASSE RIGHT/ROCKS FORWARD & BACK WITH HIP SWING

- 1&2      Step right, step left next to right, step right
- 3-4      Rock left behind left, recover weight on right
- 5-6      Rock left forward swinging left hip out, recover weight back on right
- 7-8      Rock left behind right, recover weight on right

## BOOGIE WALKS TURNING ½ TURN RIGHT/KICK BALL CHANGE/STOMP/KICK/CLAP

- 1-2-      Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet
- 3-4      Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet
- 5&6      Kick left forward, step left next to right, step right in place
- 7-8      Stomp left to left, kick right diagonally right & clap hands

### Alternative for boogie walks (counts 1-4)

- 1-4      Two paddle turns ¼ turning right

## RIGHT SAILOR/¼ LEFT SAILOR/KICK/KICK/BEHIND SIDE CROSS

- 1&2      Cross right behind left, step left to left, step right in place
- 3&4      Cross left behind right ¼ left, step right to right, step left in place
- 5-6      Kick right foot diagonally right, kick right foot diagonally right
- 7&8      Cross right behind left, step left to left, cross right in front of left

## STEP/HOLD/¼ TURN RIGHT/HOLD/HEEL SWITCHES ¼ TURNING RIGHT

- 1-2      Step left to left (spread hands out to left), hold
- 3-4      Step forward right ¼ turn right, hold
- 5&6      Left heel forward, step left in place, right heel forward
- &7&8      Step right ¼ turn right, left heel forward, step left in place, touch right next to left

## REPEAT

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