Restless



编舞者: Joey Prieur (CAN)

音乐: Restless - Shelby Lynne



SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ROCK RECOVER

1&2	Shuffle to right,	(riaht.	left.	riaht)

3-4 Rock on left behind right, recover on right

5&6 Shuffle to left, (left, right, left)

7-8 Rock on right behind left, recover on left (12:00)

SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK, TURN ½ ON RIGHT, RECOVER ON LEFT

1&2 Shuffle forward, (right, left, right)3-4 Rock forward on left, recover on right

5&6 Shuffle back, (left, right, left)

7-8 Turn ½ turn right on right, recover on left stepping back (6:00)

FOUR TOE STRUTS GOING BACKWARDS, FINGER SNAPS WITH HEELS

Touch right toe back, step right heel down
Touch left toe back, step left heel down
Touch right toe back, step right heel down
Touch left toe back, step left heel down (6:00)

TOE POINTS, CROSS, UNWIND 3/4 WITH HEEL BOUNCES

1-2 Point right toe to right side, cross forward on left3-4 Point left toe to left side, cross forward on right

5-6 Point right toe to right side, cross right toe over left foot

7&8 Unwind ¾ turn left with 3 heel bounces, ending with weight on left foot (9:00)

Optional hand movements: with 3 heel bounces, bounce hands out front with elbows at waist, as if dribbling two basketballs

REPEAT