

# Restless

拍数: 40                      墙数: 4                      级数:  
编舞者: Jacqui Van Der Helm  
音乐: Restless - Shelby Lynne



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## TOUCH RIGHT TOE ACROSS, KICK RIGHT, RIGHT TRIPLE STEP

1-2                      Touch right toe across left, kick right forward  
3&4                      Triple step right-left-right

## TOUCH LEFT TOE ACROSS, KICK LEFT, LEFT TRIPLE STEP

1-2                      Touch left toe across right, kick left forward  
3&4                      Triple step left-right-left

## TOUCH RIGHT TOE ACROSS, KICK RIGHT, RIGHT TRIPLE STEP

1-2                      Touch right toe across left, kick right forward  
3&4                      Triple step right-left-right

## EXTENDED RIGHT VINE TO THE RIGHT

1-2                      Step left across in front of right, step right to the side  
3-4                      Step left behind right, step right to the side  
5-6                      Step left across in front of right, step right to the side  
7-8                      Step right behind right, step right to the side

## FORWARD LEFT, ROCK BACK, TRIPLE STEP

1-2                      Step left forward, step right back  
3&4                      Triple step right-left-right

## BACK RIGHT, ROCK FORWARD, TRIPLE STEP

1-2                      Step right back, step left forward  
3&4                      Triple step right-left-right

## FORWARD LEFT, ½ TURN RIGHT, FORWARD LEFT, ¼ TURN RIGHT

1-2                      Step left forward, pivot ½ turn right  
3-4                      Step left forward, pivot turning ¼ turn right

## LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD

1&2                      Shuffle forward left-right-left  
3&4                      Shuffle forward right-left-right

## VINE LEFT, SCUFF RIGHT

1-2                      Step left to the side, step right behind left  
3-4                      Step left to the side, scuff right

REPEAT

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