

Restless

拍数: 48 墙数: 4 级数: Improver
编舞者: Irene Hawkins (UK)
音乐: Restless - Bob McKinlay



ROCK, SHUFFLE, ROCK, SHUFFLE SIDE CROSS, SIDE CROSS ¼ SHUFFLE

1-2-3&4 Rock forward on right, rock back on left, right shuffle back
5-6-7&8 Rock back on left, rock forward on right, left shuffle forward
9-10-11 Right foot step to right side, left foot cross in front, right foot step
12-13&14 To right side, left foot cross in front, ¼ turn right, right shuffle

ROCKS, SHUFFLES & SAILORS LEFT & RIGHT

15-16 Rock forward on left, rock back on right
17&18-19&20 Left shuffle back, right shuffle back
21&22 Left foot behind right, right foot to right side, left foot slightly to left side
23&24 Right foot behind left, left foot to left side, right foot slightly to right, side

ROCKS & SHUFFLES

25-26-27&28 Rock forward on left, rock back on right, left shuffle back
29-30-31&32 Rock back on right, rock forward on left, right shuffle forward

¼ PIVOT TURN X 4 TO RIGHT

33-36 Left foot step forward ¼ pivot turn to right, left foot step forward, ¼ pivot turn right
37-40 Left foot step forward ¼ pivot turn to right, left foot step forward, ¼ pivot turn right

LEFT SAILOR, RIGHT SAILOR, KICK KICK, TRIPLE

41&42 Left foot behind right, right foot to right side, left foot slightly to left side
43&44 Right foot behind left, left foot to left side, right foot slightly to right side
45-46-47&48 Kick left foot twice, triple left, right, left in place

REPEAT
