

Rest of Me

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barbara Tobin (USA) - April 2018
音樂: Rest of Me - Sheryl Crow : (amazon)



***3 Restarts: on walls 4, 7 and 10, after count 28 (see notes below)**

Intro: 32 counts. Weight on left.

(1-8) Step, kick, coaster, 1/2 left turn pivot, step, step, heel swivel x2

1,2 Step R forward, kick L
3&4 Step L back, close R, step L forward
5,6 Step R forward, 1/2 left turn pivot step L forward [6:00]
7&8 Step R to right, swivel heels right, swivel heels back to center, end with weight on L

(9-16) Rock, recover, step side, rock, recover, 1/4 right step back, full right turn, rock, recover

1&2 Rock R behind L, recover L, step R to right
3&4 Rock L behind R, recover R, 1/4 right turn step L back [9:00]
5,6 1/2 right turn step R forward [3:00], 1/2 right turn step L back [9:00]
7,8 Rock R back, recover L

(17-24) Traveling samba x2, rock recover cross, unwind 1/2 left turn, heel bounces x3

1&2 Cross R over L, rock L to left, step R slightly forward
3&4 Cross L over R, rock R to right, step L slightly forward
5&6 Rock R forward, recover L, cross R over L
7&8 Unwind 1/2 left turn bouncing heels x3, ending with weight on R [3:00]

(25-32) Lock step, jazzy walk x2, front mambo, back mambo

1&2 Step L forward, lock R behind L, step L forward
3,4 Walk R forward, walk L forward (letting hips and arms swing)*
***Restart here on Wall 4 (facing 12:00), Wall 7 (facing 9:00), and Wall 10 (facing 6:00)**
5&6 Step R forward, recover L, step R back
7&8 Step L back, recover R, step L forward

Start again....enjoy!

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographer with your questions: barbara.tobin@yahoo.com 4/4/2018