

# Restless AB

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Shanthie De Mel (AUS) - July 2024  
音樂: Restless - Shelby Lynne



**Intro: Begin on vocals. Left rotation. No Tags or Restarts.**

**Split floor dance to RESTLESS. (Jacqui Van Der Helm. 1996.)**

**(1-8) KICK. KICK. STOMP. HOLD. x2**

1, 2      Kick R forward. Kick R forward.  
3, 4      Stomp R. Hold.  
5, 6      Kick L forward. Kick L forward.  
7, 8      Stomp L. Hold. (12:00)

**(9-16) RIGHT EXTENDED VINE WITH SCUFF.**

1, 2      Step R to right side. Cross L behind R.  
3, 4      Step R to right side. Cross L over R.  
5, 6      Step R to right side. Cross L behind R.  
7, 8      Step R to right side. Scuff L. (12:00)

**(17-24) LEFT EXTENDED VINE WITH SCUFF.**

1, 2      Step L to left side. Cross R behind L.  
3, 4      Step L to left side. Cross R over L.  
5, 6      Step L to left side. Cross R behind L.  
7, 8      Step L to left side. Scuff R. (12:00)

**(25-32) FORWARD. TURN 1/8 LEFT. TOUCH. HOLD. x2**

1, 2      Step R forward. Turn 1/8 left on L (10.30)  
3, 4      Touch R to L. Hold.  
5, 6      Step R forward. Turn 1/8 left on L (9:00)  
7, 7      Touch R to L. Hold. (9:00)

**Begin Sequence again. Have fun!**

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