

Restless

拍數: 32 牆數: 2 級數: Improver two step
編舞者: PJ (UK)
音樂: Restless - Alison Krauss & Union Station



ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER, WEAVE TO LEFT

1& (QQ) Rock forward on right foot, recover weight back on to left foot
2& (QQ) Rock right foot to right side, recover weight back on to left foot
3&4 (QQS) Cross right behind left, step left foot to left side, cross right over left

ROCK FORWARD, RECOVER, SIDE ROCK LEFT, RECOVER, WEAVE RIGHT WITH ¼ TURN RIGHT

1& (QQ) Rock forward on left foot, recover weight back on to right foot
2& (QQ) Rock left foot to left side, recover weight back on to right foot
3&4 (QQS) Cross left behind right, make ¼ turn right stepping forward on to right foot, step forward onto left foot

MAMBO ROCK FORWARD, LEFT LOCK STEP BACK

1&2 (QQS) Rock forward on right foot, recover weight back on to left foot, step right foot beside left
3&4 (QQS) Step back on left foot, lock right across left, step back on left foot

SHUFFLE FULL TURN RIGHT (OR COASTER STEP), LEFT LOCK FORWARD

1&2 (QQS) Shuffle full turn to right stepping right, left, right
Easy option: right coaster step: step back on right foot, close left beside right, step forward on right foot
3&4 (QQS) Step forward on left foot, lock right behind left, step forward on left foot

RIGHT TOE, HEEL, KICK, CROSS, BACK, SIDE, CROSS

1& (S) Touch right toe beside left foot, touch right heel beside left foot
2& (QQ) Kick right foot to forward right diagonal, cross right over left
3&4 (QQS) Step back on left foot, step right foot to right side, cross left over right

RIGHT SIDE ROCK & CROSS & WEAVE LEFT WITH ¼ TURN LEFT

1& (QQ) Rock right foot to right side, recover weight to left foot
2& (QQ) Cross right over left, step left foot to left side
3& (QQ) Cross right behind left, make ¼ turn left stepping forward on to left foot
4 (S) Step forward on to right foot

MAMBO ½ PIVOT TURN, RIGHT SIDE ROCK & CROSS

1&2 (QQS) Step forward on left foot, pivot ½ turn left (weight on right), step forward on left foot
3&4 (QQS) Rock right foot to right side, recover weight to left foot, cross right over left

SIDE, BEHIND & HEEL & CROSS

1 (S) Step left foot to left side
2& (QQ) Step right behind left, step left foot to left side
3& (QQ) Touch right heel diagonally forward right, step right foot in place
4 (S) Cross left over right

REPEAT

TAG

When using "Restless" by Alison Krauss and Union Station, dance the following tag once at the end of wall 2:
ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER

- 1& (QQ) Rock forward on right foot, recover weight back on to left foot
 - 2& (QQ) Rock right foot to right side, recover weight back on to left foot
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