

# Restless

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: The Lady In Black (UK) & Jennifer Pasley-Smith (USA)  
音樂: Restless - Shelby Lynne



## CHASSE RIGHT/ROCKS FORWARD & BACK WITH HIP SWING

1&2      Step right, step left next to right, step right  
3-4      Rock left behind left, recover weight on right  
5-6      Rock left forward swinging left hip out, recover weight back on right  
7-8      Rock left behind right, recover weight on right

## BOOGIE WALKS TURNING ½ TURN RIGHT/KICK BALL CHANGE/STOMP/KICK/CLAP

1-2-      Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet  
3-4      Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet  
5&6      Kick left forward, step left next to right, step right in place  
7-8      Stomp left to left, kick right diagonally right & clap hands

### Alternative for boogie walks (counts 1-4)

1-4      Two paddle turns ¼ turning right

## RIGHT SAILOR/¼ LEFT SAILOR/KICK/KICK/BEHIND SIDE CROSS

1&2      Cross right behind left, step left to left, step right in place  
3&4      Cross left behind right ¼ left, step right to right, step left in place  
5-6      Kick right foot diagonally right, kick right foot diagonally right  
7&8      Cross right behind left, step left to left, cross right in front of left

## STEP/HOLD/¼ TURN RIGHT/HOLD/HEEL SWITCHES ¼ TURNING RIGHT

1-2      Step left to left (spread hands out to left), hold  
3-4      Step forward right ¼ turn right, hold  
5&6      Left heel forward, step left in place, right heel forward  
&7&8      Step right ¼ turn right, left heel forward, step left in place, touch right next to left

## REPEAT

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