

Restless

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
