

Restless

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Joey Prieur (CAN)
音樂: Restless - Shelby Lynne



SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ROCK RECOVER

1&2 Shuffle to right, (right, left, right)
3-4 Rock on left behind right, recover on right
5&6 Shuffle to left, (left, right, left)
7-8 Rock on right behind left, recover on left (12:00)

SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK, TURN ½ ON RIGHT, RECOVER ON LEFT

1&2 Shuffle forward, (right, left, right)
3-4 Rock forward on left, recover on right
5&6 Shuffle back, (left, right, left)
7-8 Turn ½ turn right on right, recover on left stepping back (6:00)

FOUR TOE STRUTS GOING BACKWARDS, FINGER SNAPS WITH HEELS

1-2 Touch right toe back, step right heel down
3-4 Touch left toe back, step left heel down
5-6 Touch right toe back, step right heel down
7-8 Touch left toe back, step left heel down (6:00)

TOE POINTS, CROSS, UNWIND ¾ WITH HEEL BOUNCES

1-2 Point right toe to right side, cross forward on left
3-4 Point left toe to left side, cross forward on right
5-6 Point right toe to right side, cross right toe over left foot
7&8 Unwind ¾ turn left with 3 heel bounces, ending with weight on left foot (9:00)

Optional hand movements: with 3 heel bounces, bounce hands out front with elbows at waist, as if dribbling two basketballs

REPEAT
