

Restless

拍數: 40 牆數: 4 級數:
編舞者: Jacqui Van Der Helm
音樂: Restless - Shelby Lynne



TOUCH RIGHT TOE ACROSS, KICK RIGHT, RIGHT TRIPLE STEP

1-2 Touch right toe across left, kick right forward
3&4 Triple step right-left-right

TOUCH LEFT TOE ACROSS, KICK LEFT, LEFT TRIPLE STEP

1-2 Touch left toe across right, kick left forward
3&4 Triple step left-right-left

TOUCH RIGHT TOE ACROSS, KICK RIGHT, RIGHT TRIPLE STEP

1-2 Touch right toe across left, kick right forward
3&4 Triple step right-left-right

EXTENDED RIGHT VINE TO THE RIGHT

1-2 Step left across in front of right, step right to the side
3-4 Step left behind right, step right to the side
5-6 Step left across in front of right, step right to the side
7-8 Step right behind right, step right to the side

FORWARD LEFT, ROCK BACK, TRIPLE STEP

1-2 Step left forward, step right back
3&4 Triple step right-left-right

BACK RIGHT, ROCK FORWARD, TRIPLE STEP

1-2 Step right back, step left forward
3&4 Triple step right-left-right

FORWARD LEFT, ½ TURN RIGHT, FORWARD LEFT, ¼ TURN RIGHT

1-2 Step left forward, pivot ½ turn right
3-4 Step left forward, pivot turning ¼ turn right

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD

1&2 Shuffle forward left-right-left
3&4 Shuffle forward right-left-right

VINE LEFT, SCUFF RIGHT

1-2 Step left to the side, step right behind left
3-4 Step left to the side, scuff right

REPEAT
