

# Restless

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Lynda Cunningham (UK) & Lynne Northorpe (UK)  
音樂: Restless - Lacy J. Dalton



## CROSS ROCK, RECOVER, CHASSE, CROSS, SIDE, SAILOR ¼ TURN

1-2      Rock weight onto right over left, recover the weight onto the left  
3&4      Step right foot to right side, step left foot beside right, step right foot to right side  
5-6      Cross left foot over right, step right foot to right side  
7&8      Step left foot behind right, make ¼ turn left stepping left to left side, step right foot to right side

## SHUFFLE FORWARD, SHUFFLE FORWARD, SCUFF, HITCH, BACK, ½ SHUFFLE TURN LEFT

1&2      Step right foot forward, step left foot beside right, step right foot forward  
3&4      Step left foot forward, step right foot beside left, step left foot forward  
5&6      Scuff right foot forward, hitch right knee, step back on the right foot  
7&8      Step left foot to left side making a ¼ turn left, step right foot forward making a ¼ turn left, step left foot forward

## HEEL SWITCHES, STEP ¾ TURN, STEP, SAILOR STEP, SAILOR STEP

1&      Tap right heel forward, step weight onto the right foot  
2&      Tap left heel forward, step weight onto the left foot  
3&4      Step right foot forward, make a ¾ turn over left shoulder, step right foot to right side  
5&6      Step left foot behind right, step right foot to right side, step left foot to left side  
7&8      Step right foot behind left, step left foot to left side, step right foot to right side

## STEP ½ TURN, FULL SHUFFLE TURN, KICK, & OUT, CROSS, & OUT

1-2      Step left foot forward, make a ½ turn over right shoulder  
3&4      Step forward on left foot making a ½ turn over right shoulder, step left foot back making a ½ turn over right shoulder, step left foot forward  
5&6      Kick right foot forward, step right foot to right side, step left foot to left side  
7&8      Cross right foot over left, step left foot to left side, step right foot to right side

## ROCK, RECOVER, BEHIND, FULL UNWIND, SIDE MAMBO, BEHIND SIDE CROSS

1-2      Rock weight forward onto the left foot, recover the weight onto the right foot  
3-4      Touch left toe behind right foot, unwind a full turn over left shoulder  
5&6      Rock weight out onto the right foot, recover the weight onto the left foot, kick right foot to right diagonal  
7&8      Step right foot behind left, step left foot to left side, cross right foot over left

## TOE SWITCHES, POINT, HITCH, POINT, ¼ TURN, STEP BACK, COASTER STEP, STEP

1&      Touch left toe to left side, step weight onto left foot  
2&      Touch right toe to right side, step weight onto right foot  
3&4      Point left toe to left side, hitch left knee, point left toe to left side  
5-6      Make a ¼ turn left stepping left back, step right foot back  
&7-8      Step left foot beside right, step right foot beside, step left foot forward

## REPEAT

## TAG

Wall 7 (6:00)

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE

1-2 Cross rock right over left, recover the weight onto the left foot  
3&4 Step right foot to right side, step left foot beside right, step right foot to right side  
5-6 Cross rock left over right, recover the weight onto the right foot  
7&8 Step left foot to left side, step right beside left, step left foot to left side

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