

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
