

Restless

Count: 32

Wall: 4

Level: Beginner

Choreographer: Joey Prieur (CAN)

Music: 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
