Count: 48
Wall: 2
Level: Intermediate
Choreographer: Gary O'Reilly (IRE) - May 2022
Music: You Can Rest - Hillary Scott


Music Available from iTunes \& Amazon \#16 count intro<br>Section 1: WALK, STEP 1/4 CROSS, 1/4, 1/4, TOUCH, SIDE, BEHIND SIDE, CROSS ROCK<br>$1 \quad$ Walk forward on $R(1)$<br>2 \& 3 Step forward on $L(2)$, pivot $1 / 4 R(\&)$, cross $L$ over $R(3)(3: 00)$<br>\& 4 \& $\quad 1 / 4 L$ stepping back on $R(\&), 1 / 4 L$ stepping $L$ to $L$ side (4), touch $R$ next to $L(\&)(9: 00)$<br>56 \& Step $R$ long step to $R(5)$, cross $L$ behind $R(6)$, step $R$ to $R$ side (\&)<br>$78 \quad$ Cross rock $L$ over $R(7)$, recover on $R(8)$

Section 2: \& SPIRAL, RUN RUN RUN/SWEEP, CROSS SIDE, BACK ROCK, \& 1/4, HOOK, STEP LOCK
\& $1 \quad$ Step $L$ to $L$ side (\&), walk forward on $R$ (towards $L$ diagonal 7:30) completing a spiral full turn over $L$ hooking $L$ in front of $R(1)(7: 30)$
2 \& $3 \quad$ Run L-R-L sweeping $R$ around from back to front on count 3 (completing a $3 / 8$ semi-circle turning L) (2\&3) (3:00)
4\&56 Cross $R$ over $L$ (4), step $L$ to $L$ side (\&), rock back $R$ behind $L$ opening body to $R$ diagonal (4:30) (5), recover on $L$ (6)
\& 7 \& $\quad 1 / 8 L$ stepping $R$ to $R$ side (\&), $1 / 4$ turn $L$ stepping back on $L(7)$, hook $R$ across $L(\&)(12: 00)$
8 \& Step forward on $R(8)$, lock step $L$ behind $R(\&)(12: 00) * R E S T A R T$ WALL $3 \& 6$
Section 3: STEP, 1/2, WALK L-R, MAMBO FWD, BACK/DRAG, COASTER CROSS SIDE ROCK CROSS
$1 \& \quad$ Step forward on $R(1), 1 / 2$ turn over $R$ on ball of $R$ while hitching $L$ knee (\&) (6:00)
23 Walk forward on $L$ (2), walk forward on $R(3)$
4 \& $5 \quad$ Rock forward on $L$ (4), recover on $R(\&)$, long step back on $L$ dragging $R$ to meet $L$ (5)
6 \& $7 \quad$ Step back on $R(6)$, step $L$ next to $R(\&)$, cross $R$ over $L$ (7)
\& 8 \& Rock L to L side (\&), recover on R (8), cross L over R (\&)

Section 4: SIDE, BEHIND ¼ FWD, PIVOT 1/2, 1/2 BACK, COASTER STEP, RUN RUN
$1 \quad$ Step $R$ to $R$ side (1)
$2 \& 3 \quad$ Cross $L$ behind $R(2), 1 / 4 R$ stepping forward on $R(\&)$, step forward on $L(3)(9: 00)$
4 \& $5 \quad$ Slow pivot $1 / 2$ turn $R(4), 1 / 2 R$ stepping back on $L(\&)$, step back on $R(5)(9: 00)$
6 \& $7 \quad$ Step back on $L(6)$, step $R$ next to $L$ (\&), step forward on $L$ (7)
$8 \& \quad$ Small run forward on $R(8)$, small run forward on $L(\&)$
Section 5: SWAY SWAY SWAY, 1/4, 1/2, $1 / 4$ SWAY SWAY SWAY, 1/4, 1/2, 1/4
123 Step $R$ to $R$ side swaying out to $R(1)$, sway to $L$ (2), sway to $R$ rocking out slightly on $R$ (3)
4 \& $\quad 1 / 4 L$ stepping forward on $L(4), 1 / 2 L$ stepping back on $R(\&)(12: 00)$
$567 \quad 1 / 4 L$ stepping $L$ to $L$ side swaying out to $L$ (5), sway to $R(6)$, sway to $L$ rocking out slightly on L (7) (9:00)
8 \& $1 \quad 1 / 4 R$ stepping forward on $R(8), 1 / 2 R$ stepping back on $L(\&), 1 / 4 R$ stepping $R$ to $R$ side (1) (9:00)

## Section 6: CROSS SIDE BEHIND/SWEEP, BEHIND 1/4, WALK R-L, ROCKING CHAIR

2 \& $3 \quad$ Cross $L$ over $R(2)$, step $R$ to $R$ side (\&), cross $L$ behind $R$ sweeping $R$ from front to back (3)
4 \& Cross $R$ behind $L(4), 1 / 4 L$ stepping forward on $L(\&)(6: 00)$
$56 \quad$ Walk forward on $R(5)$, walk forward on $L$ (6)
7\&8\& Rock forward on $R(7)$, recover on $L(\&)$, rock back on $R(8)$, recover on $L$ (\&)
*RESTARTS: Dance 16 counts of Wall 3 \& 6, restart the dance facing (12:00)
ENDING: Dance ends facing (12:00) after 24 counts of Wall 8, step R long step to $R$ side to finish facing (12:00)

Contact:
Gary O'Reilly oreillygaryone@gmail.com
00353857819808
https://www.facebook.com/gary.reilly. 104
www.thelifeoreillydance.com

