

En Rastlös Själ (A Restless Soul)

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Monica Wale (SWE) - December 2016

Music: En Rastlös Själ - Nanne : (iTunes)



#16 count intro (app. 8 secs. into track)

[S:1] □ POINT & POINT & POINT TOUCH, SHUFFLE TURN ¼ CHASSÉ TURN 1/4

- 1 & 2 Point RF to right (1) Step RF beside left (&) point LF to left (2)
& 3 4 Step LF beside right (&) point RF to right (3) touch RF beside left (4)
5 & 6 Make a ¼ turn right and step RF forward (5) step LF beside right (&) step forward on RF (6) [3:00]
7 & 8 Make a ¼ turn right and step LF to left (7) step RF beside left (&) step LF to left (8) [6:00]

[S:2] □ ROCKING CHAIR, STEP TURN & STEP BRUSH

- 1 - 4 Rock RF back (1) recover on LF (2) rock forward RF (3) recover on LF
5 - 6 Step forward on RF (5) turn ½ left and step on to LF (6) [12:00]
& 7-8 Step RF beside left (&) step LF forward (7) brush RF forward (8)

[S:3] □ TOE STRUT x 2, KICK BALL STEP x 2

- 1 - 4 Touch right toe forward (1) drop right heel (2) touch left toe forward (3) drop left heel (4)
5 & 6 Kick RF forward (5) step RF beside left (&) step LF forward (6)
7 & 8 Kick RF forward (7) step RF beside left (&) step LF forward (8)

[S:4] □ ROCK RECOVER, SHUFFLE TURN, KICK BALL TOUCH, & TOUCH x 2

- 1-2 Rock RF forward (1) recover on LF (2)
3 & 4 Turn ¼ right stepping RF forward (3) step LF beside right (&) turn ¼ right stepping RF forward (4) [6:00]
5 & 6 Kick LF forward (5) step LF beside left (&) touch RF beside left (6)
& 7&8 Step RF beside left (&) touch LF beside right (7) step LF beside right (&) touch RF beside left (8)

[S:5] □ VINE, ROLLING TURN CHASSÉ

- 1 - 2 Step RF to right (1) step LF behind right (2)
3 - 4 Step RF to right (3) touch LF beside right (4)
5 - 6 Turn ¼ left stepping LF forward (5) turn ½ left stepping RF back (6)
7&8 Turn ¼ left stepping LF left (7) step RF beside left (&) step LF to left (8) [6:00]

[S:6] □ JAZZBOX, MONTEREY TURN

- 1 - 4 Cross RF over left (1) step LF back (2) step RF beside left (3) cross LF over right (4)
5 - 6 Touch RF to right (5) turn ½ right on ball of LF stepping RF beside left (6) [12:00]
7 - 8 Touch LF to left (7) step LF beside right (8)

[S:7] □ KICK BALL STEP, SKATE SKATE, KICK BALL STEP, SKATE SKATE

- 1 & 2 Kick RF forward (1) step RF beside left (&) step LF forward dipping knees (2)
3 - 4 Skate RF diagonally forward (3) keep knees dipped and skate LF diagonally forward [12:00]
5 & 6 Rise and kick RF forward (5) step RF beside left (&) step LF forward dipping knees (6)
7 - 8 Skate RF diagonally forward (7) keep knees dipped and skate LF diagonally forward (8) [6:00]

[S:8] □ STEP TURN STEP CLAP, STEP TURN STEP CLAP

- 1 - 2 Rise and step RF forward (1) turn ½ left, weight on LF (2)
3 - 4 Step forward on RF (3) hold and clap (4) [6:00]

5 - 6 Step forward on LF (5) i turn ½ right, weight on RF (6)
7 - 8 Step forward on LF (7) hold and clap (8) [12:00]

Repeats: At the end of the 1st, 2nd walls, repeat the last half of the dance (from step 33, S:5)
After the 3rd wall keep repeating the last half of the dance (will be almost 4 times) and then comes the Ending

Tag 1: □After the repeated steps on wall 1, 8 counts

ROCKING CHAIR

1-4 Rock RF forward (1) recover on LF (2) rock back RF (3) recover on LF (4)

Tag 2: □After the repeated steps on wall 2, 16 counts

MONTEREY TURN x 2

1-2 Touch RF to right (1) turn ½ right on ball of LF stepping RF beside left (2)
3-4 Touch LF to left (3) step LF beside right (4)
5-6 Touch RF to right (5) turn ½ right on ball of LF stepping RF beside left (6)
7-8 Touch LF to left (7) step LF beside right (8)

STEP TURN STEP CLAP, STEP TURN STEP CLAP

1-2 Rise and step RF forward (1) turn ½ left, weight on LF (2)
3-4 Step forward on RF (3) hold and clap (4)
5-6 Step forward on LF (5) i turn ½ right, weight on RF (6)
7-8 Step forward on LF (7) hold and clap (8)

ENDING: You will have done the first "step turn step hold and clap" [12:00]

5-6 Rock forward LF (5) recover on RF (6)
7-8 Step LF back (7) hold and clap (8)

This is for my friend Sabrina Drugge. She really is the human Duracell Rabbit.

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