

Restless

Count: 32

Wall: 4

Level: Easy Beginner

Choreographer: Sonja Hemmes (USA) - July 2022

Music: Restless - Shelby Lynne



SHUFFLE RIGHT, ROCK BACK, TOE STRUTS

- 1&2 Step right to right side, step left next to right, right to right side
- 3-4 Rock left back, step on right
- 5-6 Touch left toe to left side, drop heel
- 7-8 Touch right toe to next to left, drop heel

SHUFFLE LEFT, ROCK BACK, TOE STRUTS

- 1&2 Step left to left side, step right next to left, left to left side
- 3-4 Rock right back, step on left
- 5-6 Touch right toe to right side, drop heel
- 7-8 Touch left toe next to right, drop heel

COASTER FORWARD, HOLD, COASTER BACK, HOLD

- 1-4 Step right forward, step left next to right, step right back, hold
- 5-8 Step left back, step right next to left, step left forward, hold

STEP TOUCHES TURNING 1/4 RIGHT, BOOGIE WALK BACK

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side turning ¼ right, touch right next to left
- 5-8 Step right back, step left back, step right back, step left back

(Boogie walk styling: Knees close together, arms straight down.

Move shoulders down in the same direction as you walk back right foot, right shoulder down, left foot, left shoulder down)

Enjoy this dance!