

Restless

Count: 32

Wall: 4

Level: Improver

Choreographer: The Lady In Black (UK) & Jennifer Pasley-Smith (USA)

Music: Restless - Shelby Lynne



CHASSE RIGHT/ROCKS FORWARD & BACK WITH HIP SWING

- 1&2 Step right, step left next to right, step right
- 3-4 Rock left behind left, recover weight on right
- 5-6 Rock left forward swinging left hip out, recover weight back on right
- 7-8 Rock left behind right, recover weight on right

BOOGIE WALKS TURNING ½ TURN RIGHT/KICK BALL CHANGE/STOMP/KICK/CLAP

- 1-2- Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet
- 3-4 Step left forward swiveling left on balls of feet, step right forward ¼ right swiveling on balls of feet
- 5&6 Kick left forward, step left next to right, step right in place
- 7-8 Stomp left to left, kick right diagonally right & clap hands

Alternative for boogie walks (counts 1-4)

- 1-4 Two paddle turns ¼ turning right

RIGHT SAILOR/¼ LEFT SAILOR/KICK/KICK/BEHIND SIDE CROSS

- 1&2 Cross right behind left, step left to left, step right in place
- 3&4 Cross left behind right ¼ left, step right to right, step left in place
- 5-6 Kick right foot diagonally right, kick right foot diagonally right
- 7&8 Cross right behind left, step left to left, cross right in front of left

STEP/HOLD/¼ TURN RIGHT/HOLD/HEEL SWITCHES ¼ TURNING RIGHT

- 1-2 Step left to left (spread hands out to left), hold
- 3-4 Step forward right ¼ turn right, hold
- 5&6 Left heel forward, step left in place, right heel forward
- &7&8 Step right ¼ turn right, left heel forward, step left in place, touch right next to left

REPEAT
