

# En Rastlös Själ (A Restless Soul)

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Monica Wale (SWE) - December 2016  
音乐: 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.**

**Contact: [monica@wale.se](mailto:monica@wale.se)**

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