

# Restless

拍数: 32      墙数: 4      级数: Easy Beginner  
编舞者: Sonja Hemmes (USA) - July 2022  
音乐: 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!

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