

# No Rest

拍数: 32      墙数: 2      级数: Beginner  
编舞者: William Sevone (UK)  
音乐: The Trouble With the Truth - Patty Loveless



At the start of the 11th wall for around 10 counts the music slows a little. Carry on dancing as normal

## 2X ¼ TURN 'CHUBBY BROWN'S' WITH EXPRESSION, ROCK BACKWARD-FORWARD, SHUFFLE FORWARD

- 1-2                    (Left foot facing forward) turn ¼ right & touch right toe to right side, step right foot next to left  
3-4                    (Right foot facing forward) turn ¼ left & touch left toe to left side, step left foot next to right  
**On counts 1 and 3: with lead arm pointing to either right(1) or left (3), flick click fingers of hand**  
5-6                    Rock backward onto right foot, rock onto left foot  
7&8                    Step forward onto right foot, close left foot next to right, step forward onto right foot

## STEP FORWARD, PIVOT ½ RIGHT, FORWARD ½ RIGHT TRIPLE STEP, 2X BACKWARD SIDE TOUCH-STEP BEHIND

- 9-10                    Step forward onto left foot, pivot ½ right (weight on right foot)  
11&12                    Step forward onto left foot, turn ¼ right & step onto right foot, turn ¼ right & step onto left foot  
13-14                    (Moving backward) touch right toe to right side, cross step right foot behind left  
15-16                    (Moving backward) touch left toe to left side, cross step left foot behind right  
**On counts 13 and 15: turn head and point lead arm into move & flick click fingers of hand**

## UNWIND ½ LEFT, STEP FORWARD, 2X DIAGONAL FORWARD CROSS SHUFFLES, DIAGONAL CROSS STEP, TURN, STEP BACK

- 17-18                    Unwind ½ left, step rock slightly forward onto right foot  
19&20                    (Moving diagonally forward right) cross step left foot over right, step right foot to right side, cross step left foot over right  
21&22                    (Moving diagonally forward left) cross step right foot over left, step left foot to left side, cross step right foot over left  
23-24                    Cross step left foot diagonally forward left over right, turn just over ¼ right & step backward onto right foot

## BACKWARD LOCK STEP, LONG STEP FORWARD, TOE STEP, HOLD, LONG STEP FORWARD, ½ LEFT WITH TOE STEP, HOLD

- 25-26                    Lock left foot across front of right, step backward onto right foot  
27-28                    Long step forward onto left foot, step right toe next to left  
29                        Hold  
30-31                    Long step forward onto right foot, turn ½ left & step left toe next to right  
32                        Hold (dropping left heel to floor)

## REPEAT

## DANCE FINISH

On count 17 of the 12th wall as you unwind, touch hat brim with right hand.