

Restless

拍数: 40 墙数: 0 级数:
编舞者: John Sandham (ES) & Janette Sandham (UK)
音乐: Restless - Bob McKinlay



Position: Side by Side holding inside hands moving round the floor

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| 1-4 | Walk forward on left, right then turn to face each other on cha-cha steps left, right, left (turn with a swinging motion and touch forward hands) |
| 5-8 | Cross right behind left, step to the side on left & turn forward on cha-cha steps right, left, right (again turn with a swinging motion) |
| 9-12 | Step forward on left, cross right behind left (swinging to face each other) then cha-cha forward on left, right, left (swinging forward) |
| 13-16 | Step forward on right, left then cha-cha forward on right, left, right |
| 17-20 | Left foot step to side, slide right to left, cha-cha step on left, right, left making ¼ turn to gent's left (you are now back to back) |
| 21-24 | Step forward on right foot, pivot ½ turn to left and cha-cha step towards each other on right, left, right |
| 25-28 | Rock forward on left, then back on right, cha-cha step back on left, right, left (ladies rock back then forward and cha-cha forward on right, left, right) (this section is done in closed position) |
| 29-32 | Rock back on right, rock forward on left, then cha-cha forward on right, left, right (opposite for ladies) |
| 33-36 | Break the hold by dropping gent's right, lady's left and form an arch with gent's left hand still holding lady's right gent steps through the arch on left, right, then makes ½ turn to left on cha-cha steps left, right, left you have now changed places and are facing each other |
| 37-40 | Change hands i.e. Take lady's left hand in your right change places, with lady stepping through the arch on left, right (gent goes behind lady on right, left) and make a ¼ turn to LOD on cha-cha steps right, left, right |

REPEAT