

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Restless - Lacy J. Dalton



TOE TAPS-STEP, SIDE-ROCK-CROSS, SIDE-TAP BEHIND

1-2 Tap right toe to right side, tap right toe next to left
3-4 Tap right toe to right side, step right behind left
5&6 Step left to left side, rock weight onto right, step left across right
7-8 Step right to right side, tap left toe behind right heel

CHASSE ¼ TURN, STEP-½ TURN, SHUFFLE FORWARD, FULL TURN FORWARD

1&2 Step left to left side, step right next to left, step left ¼ turn left
3-4 Step forward on right, pivot ½ turn left
5&6 Shuffle forward on right-left-right
7-8 ½ turn right stepping back on left, ½ turn right stepping forward on right

KICK-BALL-CHANGE, SIDE ROCK, CROSS SHUFFLE, ½ HINGE TURN

1&2 Kick left forward, step in place on left, step in place on right
3-4 Step left to left side, rock weight onto right
5&6 Cross step left over right, step right to right side, cross step left over right
7-8 Step right to right side, ½ hinge turn left stepping left to left side

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, KICK BALL CHANGE

1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Step left to left side, rock weight onto right
5&6 Cross step left over right, step right to right side, cross step left over right
7&8 Kick right forward, step in place on right, step in place on left

¼ TURN-STEP-½ TURN-STEP, SHUFFLE, FULL TURN FORWARD

1-2 Step forward on right making ¼ turn right, step forward on left
3-4 Pivot ½ turn right, step forward on left
5&6 Shuffle forward on right-left-right
7-8 ½ turn right stepping back on left, ½ turn right stepping forward on right

TOUCH SIDE-CROSS STEP TWICE, CHASSE ¼ TURN, STEP-½ TURN

1-2 Touch left toes to left side, step left across right
3-4 Touch right toes to right side, step right across left
5&6 Step left to left side, step right next to left, step left ¼ turn left
7-8 Step forward on right, pivot ½ turn left

REPEAT
