

Restless (P)

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 0 級數: Partner
編舞者: Unknown
音樂: Restless - Bob McKinlay



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

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 $\frac{1}{4}$ turn to man's left

You are now back to back

21-24 Step forward on right foot, pivot $\frac{1}{2}$ 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

Lady's 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 lady's)

33-36 Break the hold by dropping man's right, lady's left and form an arch with man's left hand still holding lady's right. Man steps through the arch on left, right, then makes $\frac{1}{2}$ 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 (man goes behind lady on right, left) and make a $\frac{1}{4}$ turn to LOD on cha-cha steps right, left, right

REPEAT