

# YOUNG AND RESTLESS

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** DJ Dan & Wynette Miller

**Music:** The Best Years Of Our Lives by Rodney Crowell

## ROCK STEP & WALK, WALK; SHUFFLE FORWARD, STEP-½ PIVOT TURN

- 1-2      Rock right forward, recover weight onto left  
&      Step on ball of right next to left  
3-4      Step left forward, step right forward  
5&6      Shuffle forward stepping left, right, left  
7-8      Step right forward, pivot ½ turn left (6:00)

## SIDE ROCK & CROSS, ¼ TURN; SHUFFLE BACK, BACK ROCK

- 1-2      Rock right to right side, recover weight onto left  
&      Step on ball of right next to left  
3-4      Cross left over right, make ¼ turn left step right back (3:00)  
5&6      Shuffle back stepping left, right, left  
7-8      Rock right back, recover weight onto left

## HEEL-BALL-CROSS, CHASSE; BACK ROCK, HEEL-BALL-CROSS

- 1&2      Touch right heel forward, step on ball of right next to left, cross left over right  
3&4      Step right to right side, step left next to right, step right to right side  
5-6      Rock left back, recover weight onto right  
7&8      Touch left heel forward, step on ball of left next to right, cross right over left

## CHASSE, BACK ROCK; 2X STEP - ¼ PIVOT TURN

- 1&2      Step left to left side, step right next to left, step left to left side  
3-4      Rock right back, recover weight onto left  
5-6      Step right forward, pivot ¼ turn left (12:00)  
7-8      Step right forward, pivot ¼ turn left (9:00)

## REPEAT