

RESTLESS

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Lynda Cunningham & Lynne Northorpe

Music: Restless by Lacy J. Dalton

CROSS ROCK, RECOVER, CHASSE, CROSS, SIDE, SAILOR ¼ TURN

- 1-2** Rock weight onto right over left, recover the weight onto the left
- 3&4** Step right foot to right side, step left foot beside right, step right foot to right side
- 5-6** Cross left foot over right, step right foot to right side
- 7&8** Step left foot behind right, make ¼ turn left stepping left to left side, step right foot to right side

SHUFFLE FORWARD, SHUFFLE FORWARD, SCUFF, HITCH, BACK, ½ SHUFFLE TURN LEFT

- 1&2** Step right foot forward, step left foot beside right, step right foot forward
- 3&4** Step left foot forward, step right foot beside left, step left foot forward
- 5&6** Scuff right foot forward, hitch right knee, step back on the right foot
- 7&8** Step left foot to left side making a ¼ turn left, step right foot forward making a ¼ turn left, step left foot forward

HEEL SWITCHES, STEP ¾ TURN, STEP, SAILOR STEP, SAILOR STEP

- 1&** Tap right heel forward, step weight onto the right foot
- 2&** Tap left heel forward, step weight onto the left foot
- 3&4** Step right foot forward, make a ¾ turn over left shoulder, step right foot to right side
- 5&6** Step left foot behind right, step right foot to right side, step left foot to left side
- 7&8** Step right foot behind left, step left foot to left side, step right foot to right side

STEP ½ TURN, FULL SHUFFLE TURN, KICK, & OUT, CROSS, & OUT

- 1-2** Step left foot forward, make a ½ turn over right shoulder
- 3&4** Step forward on left foot making a ½ turn over right shoulder, step left foot back making a ½ turn over right shoulder, step left foot forward
- 5&6** Kick right foot forward, step right foot to right side, step left foot to left side
- 7&8** Cross right foot over left, step left foot to left side, step right foot to right side

ROCK, RECOVER, BEHIND, FULL UNWIND, SIDE MAMBO, BEHIND SIDE CROSS

- 1-2** Rock weight forward onto the left foot, recover the weight onto the right foot
- 3-4** Touch left toe behind right foot, unwind a full turn over left shoulder
- 5&6** Rock weight out onto the right foot, recover the weight onto the left foot, kick right foot to right diagonal
- 7&8** Step right foot behind left, step left foot to left side, cross right foot over left

TOE SWITCHES, POINT, HITCH, POINT, ¼ TURN, STEP BACK, COASTER STEP, STEP

- 1&** Touch left toe to left side, step weight onto left foot
- 2&** Touch right toe to right side, step weight onto right foot
- 3&4** Point left toe to left side, hitch left knee, point left toe to left side
- 5-6** Make a ¼ turn left stepping left back, step right foot back
- &7-8** Step left foot beside right, step right foot beside, step left foot forward

REPEAT

TAG

Wall 7 (6:00)

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE

- 1-2** Cross rock right over left, recover the weight onto the left foot
- 3&4** Step right foot to right side, step left foot beside right, step right foot to right side
- 5-6** Cross rock left over right, recover the weight onto the right foot
- 7&8** Step left foot to left side, step right beside left, step left foot to left side