

RESTLESS

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Count: 48

Wall: 4

Level: beginner/intermediate

Choreographer: Irene Hawkins

Music: Restless by Bob McKinlay

ROCK, SHUFFLE, ROCK, SHUFFLE SIDE CROSS, SIDE CROSS $\frac{1}{4}$ SHUFFLE

- 1-2-3&4** Rock forward on right, rock back on left, right shuffle back
- 5-6-7&8** Rock back on left, rock forward on right, left shuffle forward
- 9-10-11** Right foot step to right side, left foot cross in front, right foot step
- 12-13&14** To right side, left foot cross in front, $\frac{1}{4}$ turn right, right shuffle

ROCKS, SHUFFLES & SAILORS LEFT & RIGHT

- 15-16** Rock forward on left, rock back on right
- 17&18-19&20** Left shuffle back, right shuffle back
- 21&22** Left foot behind right, right foot to right side, left foot slightly to left side
- 23&24** Right foot behind left, left foot to left side, right foot slightly to right, side

ROCKS & SHUFFLES

- 25-26-27&28** Rock forward on left, rock back on right, left shuffle back
- 29-30-31&32** Rock back on right, rock forward on left, right shuffle forward

$\frac{1}{4}$ PIVOT TURN X 4 TO RIGHT

- 33-36** Left foot step forward $\frac{1}{4}$ pivot turn to right, left foot step forward, $\frac{1}{4}$ pivot turn right
- 37-40** Left foot step forward $\frac{1}{4}$ pivot turn to right, left foot step forward, $\frac{1}{4}$ pivot turn right

LEFT SAILOR, RIGHT SAILOR, KICK KICK, TRIPLE

- 41&42** Left foot behind right, right foot to right side, left foot slightly to left side
- 43&44** Right foot behind left, left foot to left side, right foot slightly to right side
- 45-46-47&48** Kick left foot twice, triple left, right, left in place

REPEAT