

# RESTLESS

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**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate two step

**Choreographer:** PJ

**Music:** Restless by Alison Krauss & Union Station

## ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER, WEAVE TO LEFT

**1&(QQ)** Rock forward on right foot, recover weight back on to left foot

**2&(QQ)** Rock right foot to right side, recover weight back on to left foot

**3&4(QQS)** Cross right behind left, step left foot to left side, cross right over left

## ROCK FORWARD, RECOVER, SIDE ROCK LEFT, RECOVER, WEAVE RIGHT WITH ¼ TURN RIGHT

**1&(QQ)** Rock forward on left foot, recover weight back on to right foot

**2&(QQ)** Rock left foot to left side, recover weight back on to right foot

**3&4(QQS)** Cross left behind right, make ¼ turn right stepping forward on to right foot, step forward onto left foot

## MAMBO ROCK FORWARD, LEFT LOCK STEP BACK

**1&2(QQS)** Rock forward on right foot, recover weight back on to left foot, step right foot beside left

**3&4(QQS)** Step back on left foot, lock right across left, step back on left foot

## SHUFFLE FULL TURN RIGHT (OR COASTER STEP), LEFT LOCK FORWARD

**1&2(QQS)** Shuffle full turn to right stepping right, left, right

**Easy option: right coaster step:** step back on right foot, close left beside right, step forward on right foot

**3&4(QQS)** Step forward on left foot, lock right behind left, step forward on left foot

## RIGHT TOE, HEEL, KICK, CROSS, BACK, SIDE, CROSS

**1&(S)** Touch right toe beside left foot, touch right heel beside left foot

**2&(QQ) Kick right foot to forward right diagonal, cross right over left**

**3&4(QQS) Step back on left foot, step right foot to right side, cross left over right**

### **RIGHT SIDE ROCK & CROSS & WEAVE LEFT WITH ¼ TURN LEFT**

**1&(QQ) Rock right foot to right side, recover weight to left foot**

**2&(QQ) Cross right over left, step left foot to left side**

**3&(QQ) Cross right behind left, make ¼ turn left stepping forward on to left foot**

**4(S) Step forward on to right foot**

### **MAMBO ½ PIVOT TURN, RIGHT SIDE ROCK & CROSS**

**1&2(QQS) Step forward on left foot, pivot ½ turn left (weight on right), step forward on left foot**

**3&4(QQS) Rock right foot to right side, recover weight to left foot, cross right over left**

### **SIDE, BEHIND & HEEL & CROSS**

**1(S) Step left foot to left side**

**2&(QQ) Step right behind left, step left foot to left side**

**3&(QQ) Touch right heel diagonally forward right, step right foot in place**

**4(S) Cross left over right**

### **REPEAT**

### **TAG**

**When using "Restless" by Alison Krauss and Union Station, dance the following tag once at the end of wall 2:**

### **ROCK FORWARD, RECOVER, SIDE ROCK RIGHT, RECOVER**

**1&(QQ) Rock forward on right foot, recover weight back on to left foot**

**2&(QQ) Rock right foot to right side, recover weight back on to left foot**