

# No Rest

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**Count:** 64      **Wall:** 4      **Level:** Beginner

**Choreographer:** Marla Wallace - March 2019

**Music:** Cage the Elephant - Ain't no Rest for the Wicked. CD single

## Intro: 8 Counts, Start on Vocals

### Half Rumba Box. Rocking Chair.

**1&2**      Step R to R side, Close L to R. Step forward on R.

**3&4&**      Rock forward on L, Recover onto R. Rock back on L, Recover onto R.

### Half Rumba Box. Coaster Step.

**5&6**      Step L to L side, Close R to L. Step back on L.

**7&8**      Step back on R, Step L beside R, Step forward on R.

### Step Pivot Step ½ Turn R. Heel Strut R & L.

**1&2**      Step forward on L, Pivot ½ turn right, Step forward on L. (6)

**3&**      Step forward on R heel. Drop R toe to floor weight on R.

**4&**      Step forward on L heel, Drop L toe to floor weight on L.

### Rocking Chair, Forward Rock. Step ¼ Turn Right, Step Across.

**5&6&**      Rock forward on R, Recover onto L. Rock back on R, Recover onto L.

**7&**      Rock forward on R, Recover onto L.

**8&**      Turn ¼ turn right stepping R to right side. Step L across R. (9)

**Note: 2 counts Tag is made in end of walls 2 and 6 (facing 6 o'clock) and in the end of wall 8 and 12 (facing 12 o'clock)**

### Tag:

**1&2&**      Rock R out to right side, Recover onto L. Rock back on R, Recover onto L.

### Enjoy and Happy Dancing

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