

# No Rest For The Wicked

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**Count:** 64

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** Kristian Lundhild (Sept 2014)

**Music:** "Ain't No Rest For The Wicked" by Cage The Elephant

**#32 count into to start with lyrics**

**[1-8] WALK, WALK, WALK, SIDE, LOOK, LOOK, HEAL, 1/4 HEAL, SIDE**

1-4) Step R forward; 2) Step L forward; 3) Step R forward; 4) Step L to left

5-6) Turn head L; 6) Turn head R

&7-8&) Pivot R heal in; 7) Turn 1/4 right pivoting L heal back; 8) Step R to right

**[9-16] OUT, IN, OUT, IN, OUT, STEP, LOCK, STEP, 1/4 SIDE,**

1-2) Pivot R heal out; 2) Pivot R heal in

3&4) Pivot R heal out; &) Pivot R heal in; 4) Pivot R heal out

5-6) Step R forward; 6) Lock L behind right

7-8) Step R forward; 8) Turn 1/4 right stepping L to left

**[17-24] 1/2 HINGE, HOLD, DOWN, UP, OUT, IN, OUT, IN**

1-2) Turn 1/2 right stepping R to right; 2) Hold

3-4) Bend knees; 4) Stand up

5-6) Press R while popping R knee out; 6) Bring R knee back

7-8) Press L while popping L knee out; 6) Bring L knee back

**[25-32] KICK, DRAG, CROSS, RECOVER, ROCK, RECOVER, TOGETHER, SIDE**

&1-2&) Step R beside; 1) Kick L diagonally back 2) Drag L beside R

3-4-5-6) Cross rock L across R; 4) Recover to R; 5) Rock L back; 6) Recover R

7-8) Step L beside R; 8) Step R to right

**[33-40] 1/4 STEP, HOLD, TOE, HEAL, STEP, 1/4 HEAL, TOE, HEAL**

1-21) Turn 1/4 left stepping L to forward; 2) Hold

3-43) Touch R toe; 4) Touch R heal forward

5-65) Step R forward; 6) Turn 1/4 right touching L to left and pivoting R heal in;

7-87) While pushing L toe, pivot R toe in; 8) Pivot L heal in

**[41-48] TOE, STEP, ROCK, RECOVER, 1/4 STEP, HOLD, 1/4 SIDE, 1/4 TOGETHER**

1-21) Sill pushing L toe, pivot R toe in; 2) Step L to left

3-43) Rock R behind L; 4) Recover L

5-65) Turn 1/4 right stepping R forward; 6) Hold

7-87) Turn 1/4 right stepping L to left; 8) Turn 1/4 right stepping R beside L

**[49-56] JUMP, HOLD, SHOULDER, SHOULDER, JUMP, HOLD, SHOULDER, SHOULDER**

1-21) Jump forward feet together; 2) Hold

3-43) Push R shoulder forward and back; 4) Push R shoulder forward and back;

5-65) Jump forward feet together; 6) Hold

7-87) Push R shoulder forward and back; 8) Push R shoulder forward and back;

**[57-64] BACK, BACK, JUMP, CROSS, SLOW UNWIND, HITCH**

1-21) Step L back; 2) Step R back

3-43) Jump feet apart; 4) Jump crossing R over L

5-6-75-6-7) Turn full turn with slow unwind

88) Turn 1/4 left hitching R leg

**Restart 5th wall: First 31 counts are the same. On count 32, hitch R leg, and Restart.**

**Make It Funky**

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