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Restless

48 count, 4 wall, intermediate level

Choreographer: Lynda Cunningham and Lynne Northorpe (Scotland) May 2005

Choreographed to: Restless by Lacy J. Dalton,
Awesome 9 Album

32 count intro

8 COUNT TAG end of wall 6 ready to start wall 7

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

- 1 ROCK WEIGHT ONTO RIGHT OVER LEFT
- 2 RECOVER THE WEIGHT ONTO THE LEFT
- 3 STEP RIGHT FOOT TO RIGHT SIDE
- & STEP LEFT FOOT BESIDE RIGHT
- 4 STEP RIGHT FOOT TO RIGHT SIDE
- 5 CROSS LEFT FOOT OVER RIGHT
- 6 STEP RIGHT FOOT TO RIGHT SIDE
- 7 STEP LEFT FOOT BEHIND RIGHT
- & MAKE ¼ TURN LEFT STEPPING LEFT TO LEFT SIDE
- 8 STEP RIGHT FOOT TO RIGHT SIDE

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

- 1 STEP RIGHT FOOT FORWARD
- & STEP LEFT FOOT BESIDE RIGHT
- 2 STEP RIGHT FOOT FORWARD
- 3 STEP LEFT FOOT FORWARD
- & STEP RIGHT FOOT BESIDE LEFT
- 4 STEP LEFT FOOT FORWARD
- 5 SCUFF RIGHT FOOT FORWARD
- & HITCH RIGHT KNEE
- 6 STEP BACK ON THE RIGHT FOOT
- 7 STEP LEFT FOOT TO LEFT SIDE MAKING A ¼ TURN LEFT
- & STEP RIGHT FOOT FORWARD MAKING A ¼ TURN LEFT
- 8 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 STEP RIGHT FOOT FORWARD
- & MAKE A ¾ TURN OVER LEFT SHOULDER
- 4 STEP RIGHT FOOT TO RIGHT SIDE
- 5 STEP LEFT FOOT BEHIND RIGHT
- & STEP RIGHT FOOT TO RIGHT SIDE
- 6 STEP LEFT FOOT TO LEFT SIDE
- 7 STEP RIGHT FOOT BEHIND LEFT
- & STEP LEFT FOOT TO LEFT SIDE
- 8 STEP RIGHT FOOT TO RIGHT SIDE

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

- 1 STEP LEFT FOOT FORWARD
 - 2 MAKE A ½ TURN OVER RIGHT SHOULDER
 - 3 STEP FORWARD ON LEFT FOOT MAKING A ½ TURN OVER RIGHT SHOULDER
 - & STEP LEFT FOOT BACK MAKING A ½ TURN OVER RIGHT SHOULDER
 - 4 STEP LEFT FOOT FORWARD
 - 5 KICK RIGHT FOOT FORWARD
 - & STEP RIGHT FOOT TO RIGHT SIDE
 - 6 STEP LEFT FOOT TO LEFT SIDE
 - 7 CROSS RIGHT FOOT OVER LEFT
 - & STEP LEFT FOOT TO LEFT SIDE
 - 8 STEP RIGHT FOOT TO RIGHT SIDE
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ROCK, RECOVER, BEHIND, FULL UNWIND, SIDE MAMBO, BEHIND SIDE CROSS

- 1 ROCK WEIGHT FORWARD ONTO THE LEFT FOOT
- 2 RECOVER THE WEIGHT ONTO THE RIGHT FOOT
- 3 TOUCH LEFT TOE BEHIND RIGHT FOOT
- 4 UNWIND A FULL TURN OVER LEFT SHOULDER
- 5 ROCK WEIGHT OUT ONTO THE RIGHT FOOT
- & RECOVER THE WEIGHT ONTO THE LEFT FOOT
- 6 KICK RIGHT FOOT TO RIGHT DIAGONAL
- 7 STEP RIGHT FOOT BEHIND LEFT
- & STEP LEFT FOOT TO LEFT SIDE
- 8 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 POINT LEFT TOE TO LEFT SIDE
- & HITCH LEFT KNEE
- 4 POINT LEFT TOE TO LEFT SIDE
- 5 MAKE A ¼ TURN LEFT STEPPING LEFT BACK
- 6 STEP RIGHT FOOT BACK
- & STEP LEFT FOOT BESIDE RIGHT
- 7 STEP RIGHT FOOT BESIDE
- 8 STEP LEFT FOOT FORWARD

TAG WALL 7 READY TO START BACK WALL

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

- 1 CROSS ROCK RIGHT OVER LEFT
- 2 RECOVER THE WEIGHT ONTO THE LEFT FOOT
- 3 STEP RIGHT FOOT TO RIGHT SIDE
- & STEP LEFT FOOT BESIDE RIGHT
- 4 STEP RIGHT FOOT TO RIGHT SIDE
- 5 CROSS ROCK LEFT OVER RIGHT
- 6 RECOVER THE WEIGHT ONTO THE RIGHT FOOT
- 7 STEP LEFT FOOT TO LEFT SIDE
- & STEP RIGHT BESIDE LEFT
- 8 STEP LEFT FOOT TO LEFT SIDE