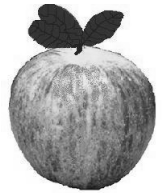


Restless

Music: Sam Fischer, Restless
Choreo: Yvonne Cox, e-mail: ycox@ecta.de Tel: +44 (0)8445 888851
Event: Self Isolation

Level: E Int+
Time: 2.53
BPM: 112



Sequence: A B C A* B C* B C* Ending

Intro: Wait 16 beats

Date: May 2020

Part A:

T-Step DS DS DS DS DS HOP RS HOP
L R L R L L RL L
R L R L R R LR R
&1 &2 &3 &4 &5 &6 &7 &8

Slur DS SLR S(xib) DS RS
Basic R L L R LR
L R R L RL
&1 & 2 &3 &4

Cross S(xif) Tch(ots)
Touch L R
R L
1 2

Rock RS Kk
Kick RL R
LR L
&1 2

Repeat all above (opposite footwork & direction)

Rock DS SLR S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H
Slur L R R L R L L R L R R LR L L R
R L L R L R R L R L L RL R R L
&1 & 2 & 3 & 4 & 5 & 6 &7 & 8

Ohio DS RS R H(w) Snap S DT DS DT Hl(tch) Up
L RL R L L R L L R R R
R LR L R R L R R L L L
&1 &2 & 3 & 4 &5 &6 &7 & 8

Rock DS SLR S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H
Slur R L L R L R R L R L L RL R R L
L R R L R L L R L R R LR L L R
&1 & 2 & 3 & 4 & 5 & 6 &7 & 8

Step S(ots) S(xib) S(ots) S(face ¼ R) S(pvt ½ R) S(¼ R) S(xib) Tch Hl/Up
Basketball R L R L R L R L R L
Turn L R L R L R R L R L R

Part B:

Charleston DS TCH(if) H T(ib) H RS
L R L R R LR
&1 & 2 & 3 &4

Cotton KK UP(xif)/H KK UP(unx)/H DS RS
Kick L L R L L R L RL
& 1 & 2 &3 &4

Fancy DS DS(xif) BA(ots) BA(xib) BA(ots) S
Run R L R L R L
&1 &2 & 3 & 4

Drag DS DR S(xif) DS RS turn ½ R
Step & R R L R LR
Basic &1 & 2 &3 &4

REPEAT to face the front

Part C:

Jack & DS DS DS DS DR S DR S DR S DR S
 Jill L R L R R L L R R L L R
 &1 &2 &3 &4 & 5 & 6 & 7 & 8
 High DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS
 Horse L R L R L RL R L L R L R LR
 &1 & 2 & 3 &4 & 5 &6 &7 &8

Part A*:

T-Step DS DS DS DS DS HOP RS HOP
 L R L R L L RL L
 &1 &2 &3 &4 &5 &6 &7 &8
 Slur DS SLR S(xib) DS RS
 Basic R L L R LR
 &1 & 2 &3 &4
 Cross S(xif) Tch(ots)
 Touch L R
 1 2
 Rock RS Kk
 Kick RL R
 &1 2
 Rock DS SLR S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H
 Slur R L L RL R R LR L L RL R R L
 &1 & 2 & 3 & 4 & 5 & 6 &7 & 8
 Ohio DS RS R H(w) Snap S DT DS DT Hl(tch) Up
 R LR L R R L R R L L L
 &1 &2 & 3 & 4 &5 &6 &7 & 8
 Rock DS SLR S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H
 Slur L R R LR L L RL R R LR L L R
 &1 & 2 & 3 & 4 & 5 & 6 &7 & 8
 Step S(ots) S(xib) S(ots) S(face ¼ R) S(pvt ½ R) S(¼ R) S(xib) S
 Basketball L R L R L R L R
 Turn 1 2 3 4 5 6 7 8

Part C*:

Jack & DS DS DS DS DR S DR S DR S DR S turn ½ L on beat &5 &6
 Jill L R L R R L L R R L L R
 &1 &2 &3 &4 & 5 & 6 & 7 & 8
 High DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS
 Horse L R L R L RL R L L R L R LR
 &1 & 2 & 3 &4 & 5 &6 &7 &8

REPEAT to face front

Ending:

Toe touch in back and lift leg

Cue Card - wait 16 beats

- A T Step, Slur Basic, Cross Touch, Rock Kick REPEAT
 Rock Slur, Ohio, Rock slur, Step Basketball turn.
- B Charleston, Cotton Kick, Fancy Run, Drag Step & Basic, REPEAT
- C Jack & Jill, High Horse
- A* T Step, Slur Basic, Cross Touch, Rock Kick, Rock Slur,
 Ohio,Rock slur, Step Basketball Turn
- B Charleston, Cotton Kick, Fancy Run, Drag Step & Basic, REPEAT
- C* Jack & Jill turn, High Horse REPEAT
- B Charleston, Cotton Kick, Fancy Run, Drag Step & Basic, REPEAT
- C* Jack & Jill, High Horse REPEAT
- End Toe Touch in back.