

You Can Rest

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 48 Count 2 Wall Intermediate Level Dance. Choreographed by: Gary O'Reilly (IRL) May 2022 Choreographed to: You Can Rest by Hillary Scott Intro: 16 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK, STEP 1/4 CROSS, 1/4, 1/4, TOUCH, SIDE, BEHIND SIDE, CROSS ROCK 1 Walk forward on R 2&3 Step forward on L, pivot ¼ R, cross L over R (3:00) &4& 1/4 L stepping back on R, 1/4 L stepping L to L side, touch R next to L (9:00) 5-6& Step R long step to R, cross L behind R, step R to R side Cross rock L over R, recover on R 7-8 SEC & SPIRAL, RUN RUN RUN/SWEEP, CROSS SIDE, BACK ROCK, & ¼, HOOK, STEP LOCK &1 Step L to L side, walk forward on R completing a spiral full turn over L hooking L in front of R (7:30) 2&3 Run L-R-L sweeping R around from back to front on count 3 (completing a 3/2 semi-circle turning L) (3:00) 4&5-6 Cross R over L, step L to L side, rock back R behind L opening body to R diagonal, recover on L (4:30) &7& 1/8 L stepping R to R side, 1/4 turn L stepping back on L, hook R across L (12:00) 8& Step forward on R, lock step L behind R (12:00) Restart Here on Walls 3 and 6 SEC 3 STEP, 1/2, WALK L-R, MAMBO FWD, BACK/DRAG, COASTER CROSS SIDE ROCK CROSS 1& Step forward on R, ¹/₂ turn over R on ball of R while hitching L knee (6:00) 2-3 Walk forward on L, walk forward on R 4&5 Rock forward on L, recover on R, long step back on L dragging R to meet L Step back on R, step L next to R, cross R over L 6&7 &8& Rock L to L side, recover on R, cross L over R SEC 4 SIDE, BEHIND 1/4 FWD, PIVOT 1/2, 1/2 BACK, COASTER STEP, RUN RUN 1 Step R to R side 2&3 Cross L behind R, ¼ R stepping forward on R, step forward on L (9:00) 4&5 Slow pivot 1/2 turn R, 1/2 R stepping back on L, step back on R (9:00) 6&7 Step back on L, step R next to L, step forward on L 8& Small run forward on R, small run forward on L SEC 5 SWAY SWAY SWAY, 1/4, 1/2, 1/4 SWAY SWAY SWAY, 1/4, 1/2, 1/4 1-2-3 Step R to R side swaying out to R, sway to L, sway to R rocking out slightly on R 4& $\frac{1}{4}$ L stepping forward on L, $\frac{1}{2}$ L stepping back on R (12:00) 5-6-7 1/4 L stepping L to L side swaying out to L, sway to R, sway to L rocking out slightly on L 9:00 8&1 ¹/₄ R stepping forward on R, ¹/₂ R stepping back on L, ¹/₄ R stepping R to R side (9:00) SEC 6 CROSS SIDE BEHIND/SWEEP, BEHIND 1/4, WALK R-L, ROCKING CHAIR 2&3 Cross L over R, step R to R side, cross L behind R sweeping R from front to back 4& Cross R behind L, ¼ L stepping forward on L (6:00)

- 5-6 Walk forward on R, walk forward on L
- 7&8& Rock forward on R, recover on L, rock back on R, recover on L
- Ending Dance ends facing (12:00) after 24 counts of Wall 8, step R long step to R side to finish facing 12:00



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