

# Restless Heart

level: Intermediate

3:31 min / 126 bpm

artist: *Niila* (album: *Restless Heart* / label: *Comusic Productions Oy & Get Nasty Oy*)

choreo: *Claudia Wagner* (Hans-Welzel-Str. 16, 53123 Bonn, Tel: 0228-476886, e-mail: [claudia.wagner@ecta.de](mailto:claudia.wagner@ecta.de))

**Wait 16 beats**

**Sequence: Intro A B C ½ A B C Break C B C**

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## Intro:

Stomp Double            STO DS DS RS            (¼ turn - L)  
L    R    L    RL  
1    &2 &3 &4

2 Basic                 DS RS                    (¼ turn to the front)  
R    LR  
&1 &2

*repeat all above*, opposite footwork (on Stomp Double ¼ turn - R)

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## Part A:

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

Triple                  DS DS DS RS  
L    R    L    RL  
&1 &2 &3 &4

2 Heel Flaps            H FLP  
R R  
& 1

*repeat Rock Slur - Triple - 2 Heel Flaps*, opposite footwork

Utah                    DS BR(xif) UP/H DS(xif) RS RS BR UP/H DS RS  
L    R            R L R            LR LR L L R L RL  
&1 &            2 &3            &4 &5 & 6 &7 &8

Triple                  DS DS DS RS            (½ turn - R)  
R    L    R    LR  
&1 &2 &3 &4

2 Heel Flaps            H FLP  
L L  
& 1

*repeat Utah - Triple - 2 Heel Flaps*, to face front again

slow Jazz Toe Heel    T H T(xif)H T(ib) H T(ots)H  
L L R            R L            L R            R  
1 2 3            4 5            6 7            8

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### Part B:

Scotty DS DT (xif) H DT (unx) H TCH BO STO DS DS RS  
L R L R L R bt R L R LR  
&1 & 2 & 3 & 4 5 &6 &7 &8

Karate Rock DS KK (turn) H RS KK UP/H (½ turn - L)  
L R L RL R R L  
&1 & 2 &3 & 4

Fancy Double DS DS RS RS (½ turn - L to front)  
R L LR LR  
&1 &2 &3 &4

repeat **all above** , opposite footwork (turn - R)

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### Part C:

Pulley DS DR/KK SL/UP DR S (xif) RS  
L L R L R L R LR  
&1 & 2 & 3 &4

Triple DS DS DS RS (¼ turn - L and move fwd)  
L R L RL  
&1 &2 &3 &4

2 DS Tch DS Tch (xib) H (look over your shoulder to the touching foot)  
R L R  
&1 & 2

Fancy Double DS DS RS RS (to front)  
R L RL RL  
&1 &2 &3 &4

repeat **all above** , opposite footwork

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### Part ½ A:

Rock Slur

Triple

2 Heel Flaps

repeat **all above** , opposite footwork

slow Jazz Toe Heel

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### Break:

- (8) left arm: straight to the left / move upper body to the left
  - (8) head circle (arms relaxed down)
  - (8) right arm: straight to the right / move upper body to the right
  - (8) head circle (arms relaxed down)
  
  - (8) left arm: up and down on the side (weaved)
  - (8) S (L- xif) & pivot right
  - (8) right arm: up and down on the side (weaved)
  - (8) S (R- xif) & pivot left
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