

Rest Easy Waltz

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Music: Here You Are CD, Anne Murray, "Rest Easy"(In My Love), Track #8

Footwork : Opposite, except as noted

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Phase: II Time : 3:22

Rhythm: Waltz (Adjust speed for comfort)

Sequence: INTRO AB BREAK ABC B ENDING

INTRODUCTION

1---4 WAIT;; APT PT; TOG.TCH(BFLY)

1-2 In OP/LOD wait 2 meas;;

3-4 Apt L,-, pt R,-; Tog R to BFLY/WALL, tch L,-;

PART A

1---4 WALTZ AWAY & TOG;; BOX;;

1-2 Waltz away from ptr L,R,L; Fwd R trg RF to fc ptr, sd L cl R;

3-4 Fwd L, sd R, cl L; Bk R, sd L, cl R;

5---8 WALTZ AWAY; WRAP UP; FWD WALTZ; THRU FC CLOSE;

5-6 Fwd & slightly away from partner L, fwd R, cl L ; Sm fwd L, R, L (W trn lft fc one full trn L, R, L wrapping W's L arm in front of her waist M's R beh her waist jn free hnds in front both fcg LOD;

7-8 Fwd L, R, L (W fwd R, L, R); Step thru on R, fwd L to fc ptr & WALL, cl R;

9---12 LEFT TURNING BOX;;;;

9-10 Fwd L trng 1/4 LF, sd R, cl L; bk R trng 1/4 LF, sd L, cl R;

11-12 Fwd L trng 1/4 LF, sd R, cl L; bk R trng 1/4 LF, sd L, cl R to BFLY WALL

13---16 BALANCE LEFT & RIGHT;; TWIRL VINE 3; THRU FACE CLOSE;

13-14 Swd L twd LOD, XRib, in place L; Swd R twd RLOD, XLib in place R;

15-16 Sd L, XRib of L, sd LOD on L(W twrls RF R,L,R); Step thru on R, fwd L to fc ptr & WALL, cl R;

PART B

1---4 WALTZ AWAY; CROSS WRAP REV; BACK WALTZ; LADY ROLL LOP/RLOD;

1-2 Fwd & slightly away from partner L, fwd R, cl L; Bring trailing hand down leading W to wrap fwd R, fwd L, cl R (W wrap LF 1/2 fwd L, fwd R, cl L) to wrap /RLOD;

3-4 Bk L, bk R, cls L; Step in place R, L, R (W roll across L, R, L to LOP/RLOD);

5---8 THRU TWINKLE TWICE (BFLY);; CANTER TWICE;;

5-6 Thru L, sd R, cl L; Thru R, sd L, cl R BFLY;

7-8 Sd L, draw R to L; cl L; Sd R, draw L to R, cl R

9---12 INTERRUPTED BOX;;;;

9-12 Fwd L, sd R, cl L ; bk R with slight RF upper body rotation and raising lead hnds, sd L leading W to begin curving RF under jnd lead hnds, cl R ; fwd L, sd R, cl L to BFLY WALL ; bk R, sd L, cl R ; (bk R, sd L, cl R ; fwd L with slight RF upper body rotation, curve fwd R commencing full RF circle under jnd lead hnds, curve fwd L ; curve fwd R, curve fwd L, curve fwd R completing full RF circle to BFLY WALL ; fwd L, sd R, cl L ;

13---16 CANTER TWICE;; TWIRL VINE ; THRU FC CLOSE;

13-14 Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

15-16 Sd L, XRib of L, sd LOD on L(W twrls RF R,L,R); Step thru on R, fwd L to fc ptr & WALL, cl R;

BREAK

1----2 **BALANCE LEFT & RIGHT;;**
1-2 Swd L twd LOD, XRib, in place L; Swd R twd RLOD, XLib in place R;

PART C

1----4 **LACE UP;;;:**
1-2 W under lead hnds fwd L,fwd R,cl L ; fwd R,fwd L,cl R LOP ;
3-4 W under trlng hnds fwd L,fwds R,cl L ; fwd R,fwd L,cl R CP/WALL;
5----8 **BOX;; TWIRL VINE 3; THRU FACE CLOSE;;**
5-6 Fwd L, sd R, cl L; Bk R, sd L, cl R;
7-8 Sd L, XRib of L, sd LOD on L(W twrls RF R,L,R;); Step thru on R, fwd L to fc
ptr & WALL, cl R;

ENDING

1----4 **WALTZ AWAY & TOG;; BOX;;**
1-2 Waltz away from ptr L,R,L; Fwd R trg RF to fc ptr, sd L cl R;
3-4 Fwd L, sd R, cl L; Bk R, sd L, cl R;
5----6 **CANTER; DIP,TWIST**
5-6 Sd L, draw R to L, cl R; Dip bk on L twd WALL, twist upper body slightly, Hold