



HOME FOR A REST



Artist: Spirt of the West

Album: Spirituality 1983-2008

Available for download on iTunes

Choreography: Darolyn Pchajek - darolyn@daretoclog.com

147 Charing Cross Cres., Winnipeg, MB R2N 1N6 Canada

Wait 60 beats (intro is in 6/8 time; Start dancing when music speeds up)

Level: Beginner's Plus/Easy Intermediate

PART A

Triple Loop (*turn $\frac{1}{2}$ right*)
Rocker
Cowboy
Repeat all steps to front

CHORUS

4 Kicks
Samantha (*turn $\frac{1}{2}$ right*)
Repeat both steps

INSTRUMENTAL

2 Clogover Vines

PART A

Triple Loop (*turn $\frac{1}{2}$ right*)
Rocker
Cowboy
Repeat all steps to front

CHORUS

4 Kicks
Samantha (*turn $\frac{1}{2}$ right*)
Repeat both steps

INSTRUMENTAL*

Clogover Vine
Push Turn (*turn $\frac{1}{2}$ right*)
Fancy Double
Repeat all steps to front

BREAK

4 Steps

PART A

Triple Loop (*turn $\frac{1}{2}$ right*)
Rocker
Cowboy
Repeat all steps to front

CHORUS

4 Kicks
Samantha (*turn $\frac{1}{2}$ right*)
Repeat both steps

INSTRUMENTAL

2 Clogover Vines

PART A

Triple Loop (*turn $\frac{1}{2}$ right*)
Rocker
Cowboy
Repeat all steps to front

CHORUS

4 Kicks
Samantha (*turn $\frac{1}{2}$ right*)
Repeat both steps

INSTRUMENTAL*

Clogover Vine
Push Turn (*turn $\frac{1}{2}$ right*)
Fancy Double
Repeat all steps to front

PART B (63 beats)

Bad Stamp
Triple
Repeat both steps
Vine Left & Right
2 Triples
Bad Stamp
Triple
Repeat last 2 steps
Vine Left & Right
Cowboy 7

INSTRUMENTAL**

Clogover Vine
Push Turn (*turn $\frac{3}{4}$ right*)
Fancy Double
Repeat all steps 3 more times to front

STEPS TO "Home for a Rest"

Triple Loop Turn DS DS(xf) DS Loop (turn $\frac{1}{2}$ right)
L R L R

Rocker RS DS DS RS
LR L R LR

Cowboy DS DS DS Brush Up DS RS RS RS
L R L R R LR LR LR

4 Kicks DS Kick DS Kick DS Kick DS Kick
L R R L L R R L

Samantha DS DS(xf) Drag Step Drag Step RS DS DS RS
L R R L L R LR L R LR

Clogover Vine DS DS(xf) DS DS(xb) DS DS(xf) DS RS
L R L R L R L RL

Push Turn DS RS RS RS (turn $\frac{1}{2}$ right)
R LR LR LR

Fancy Double DS DS RS RS
L R LR LR

Bad Stamp DS Stamp RS Stamp RS
L R RL R RL

Triple DS DS DS RS
R L R LR

Vine Left & Right DS DS(xb) DS RS DS DS(xb) DS RS
L R L RL R L R LR

Cowboy 7
(7 beats) DS DS DS Brush Up DS RS RS
L R L R R LR LR