

Relax

Count: 48

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Esther Orsatti (CH) - October 2021

Musik: Relax - Frankie Goes to Hollywood



Intro: 32 Counts. Start at approx 28 secs.

Sequence: A, B, A, B, B (12 counts), A, B, B, A, B (8 Counts), B, B, A, B, B, A, A, B, Ending

Part A

SEC A1: OUT OUT IN IN, POINT, FLICK, SIDE, SAILOR STEP, SAILOR STEP

- &1 Step right to right diagonal, step left to left
- &2 Step right back, step left beside right
- &3 Point right to right, flick right behind left
- 4 Step right to right
- 5&6 Step left behind right, step right to right, step left to left
- 7&8 Step right behind left, step left to left, step right to right

SEC A2: 2X STOMP, BEHIND, SIDE, CROSS, PRESS ROCK, TOGETHER, BODY ROLL

- &1 Stomp left beside right, stomp left to left diagonal
- 2 Hold
- &3 Step right behind left, step left to left
- &4 Cross right over left, Hold
- 5-6 Press rock left to left, recover weight onto right
- 7-8 Step left beside right, body roll up

SEC A3: OUT OUT IN IN, POINT, FLICK, SIDE, SAILOR STEP, SAILOR STEP

- &1 Step right to right diagonal, step left to left
- &2 Step right back, step left beside right
- &3 Point right to right, flick right behind left
- 4 Step right to right
- 5&6 Step left behind right, step right to right, step left to left
- 7&8 Step right behind left, step left to left, step right to right

SEC A4: 2X STOMP, BEHIND, SIDE, CROSS, PRESS ROCK ¼ TURN, TOGETHER, BODY ROLL

- &1 Stomp left beside right, stomp left to left diagonal
- 2 Hold
- &3 Step right behind left, step left to left
- &4 Cross right over left, Hold
- 5-6 Press rock left to left, turn ¼ right recover weight onto right (3:00)
- 7-8 Step left beside right, body roll up

Part B

SEC B1: FULL ROLLING VINE, TOUCH, CHASSE L, BACK-ROCK-STEP R

- 1-2 Turn ¼ right step right forward, turn ½ right step left back (9:00)
- 3-4 Turn ¼ right step right to right, touch left beside right (12:00)
- 5&6 Step left to left, step right beside left, step left to left
- 7-8 Rock right back, recover weight onto left

Restart Here on 4th time Part B is danced

SEC B2: WALK, WALK, PRESS ROCK, BACK SHUFFLE, BACK, TOUCHS

- 1-2 Step right forward, step left forward
- 3-4 Press rock right forward, recover weight onto left

Restart Here on the 2nd time Part B IS danced

5&6 Step right back, step left beside right, step right back
7-8 Step left back, touch right beside left

Ending On 7th time Part B is danced
Turn $\frac{1}{4}$ right step right forward
Or Step right to right and look $\frac{1}{4}$ right
