

Relax

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Maureen Jones (UK) & Michelle Jones (UK)

Musik: Relax, Take It Easy - MIKA



STEP, ½ PIVOT, SHUFFLE, SIDE ROCK, TOGETHER, SIDE ROCK, ¼ TURN

- 1-2 Step right forward, pivot ½ turn left
- 3&4 Shuffle forward stepping right, left, right
- 5-6& Rock left to left, recover onto right, step left beside right
- 7-8& Rock right to right, recover onto left, on ball of left make ¼ turn right

BACK ROCK, SHUFFLE, ¼ TURN, STEP, HITCH, SIDE, TOGETHER, HITCH

- 9-10 Rock right back, recover onto left
- 11&12 Shuffle forward stepping right, left, right
- 13-14 Make ¼ turn right and step left to left, hitch right
- &15-16 Step right to right, step left beside right, hitch right

Restart dance after count 16 during wall 4

STOMP, HOLD, BEHIND, SIDE, HEEL, STEP, CROSS, ¼ TURN, ¼ TURN, WALKS

- 17-18 Stomp right to right, hold (keep weight on left)
- Fun option: to mirror the lyrics, on counts 17-18 let yourself relax i.e. Head down, arms limp - 'rag doll' pose**
- 19&20& Step right behind left, step left to left, touch right heel diagonally forward right, step right beside left
- 21-22 Step left across right, make ¼ turn left and step right back
- 23-24& Make ¼ turn left and step left forward, step right forward, step left beside right

Restart dance after count 24& during walls 2 and 7

STEP, SIDE ROCK, STEP, SIDE ROCK, CROSS, BACK, BACK ROCK

- 25-26& Step right forward, rock left to left, recover onto right
- 27-28& Step left forward, rock right to right, recover onto left
- 29-30 Step right across left, step left back
- 31-32 Rock right back, recover onto left

REPEAT

RESTART

Restart dance after count 16 during wall 4

The dance ends facing the back after count 32. Spin half turn left on ball of left to finish facing front
