

# You Gotta Relax

COPPERKNOB  
BY STEPHEN

Count: 32

Wall: 2

Level: Improver

Choreographer: Autumn Lynn (IT) - April 2017

Music: Perm - Bruno Mars



**\*\*TAG: 64 Count Bridge happens Once \*\***

**Start: Weight on R Foot**

**Walks, Mambo steps 1-8**

- 1-4 Walks Forward L,R,L,R
- 6,5 Step Out to the left, Step back in
- 7,8 Step Out to the right, step back in

**Back Walks into 1/2 turn facing 6:00 9-16**

- 1-4 Walk Back L,R,L, R
- 5,6 Pivot 1/2
- 7,8 Step Out R, Step Out L

**Body rolls for 4 Counts, Hip bumps for 4 counts 17-24**

- 1,2 Body Roll L to R
- 3,4 Body Roll R to L
- 5,6 Hip Bumps L
- 7,8 Hip Bumps R

**Extended V to the L Step 25- 32**

- 1 Step to the L
- 2 cross Behind on the R
- 3 Step to the L
- 4 Cross in front R
- 5 Step to the L
- 6 Cross behind R
- 7 Step to the L
- 8 Larger Step Forward on R

**TAG (Activate your Sex) 64 counts**

**Wall 9 after first 16 counts (Facing Back Wall)**

**B1: Jazz Box, Step Touch Step Touch 1-8**

- 1 Cross R Foot over L
- 2 Step Back on L
- 3 Step to Side on R
- 4 Touch Left
- 5, 6 Step L Touch R
- 7, 8 Step R touch L

**B2: Vine R Brush 1/2 turn Vine Left Brush 1/2 Turn 9-16**

- 1 Step Right
- 2 Step behind R on L foot
- 3 Step right Pointing at 9:00
- 4 Brush Left foot while Turning 1/2 over R shoulder

**You should be facing 12:00**

- 5 Step L

- 6 Step behind L on R foot  
7 Step L Pointing at 9:00  
8& Brush R foot while Turning 1/2 over L shoulder Placing all weight on L Foot  
**You should be facing 6:00**

**B3: Weight changes/Body Rolls, Body Rolls 17-24**

- 1 Lean Forward on R while bumping Hip to R  
2 Lean Back on L while bumping Hip to L  
3 Lean Forward on R while bumping Hip to R  
4 Lean Back on L while bumping Hip to L  
5,6 Body roll for 2 counts  
7,8 Body roll for 2 counts

**B4: Traveling heel switches 25-32**

- 1,2 L Heel Switch R Heel Switch  
3,4 Heel L Heel R While making a quarter turn over L Shoulder  
5,6,7,8 Continue switches Traveling another quarter L,R,L, R (Weight ends on L)

**B5 to B7[33-56]: Repeat counts B [1-24]**

**B8: Traveling Heel Switches Over R 57-64**

- 1,2 R Heel Switch L Heel Switch  
3,4 Heel R Heel L While making a quarter turn over R Shoulder  
5,6,7,8 Continue Traveling another quarter R,L,R,L (Weight ends on R)

**Restart dance**

**Contact: [autumnlynnnapolitano@gmail.com](mailto:autumnlynnnapolitano@gmail.com)**

---