

# You Gotta Relax

COPPERKNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Autumn Lynn (IT) - April 2017  
音乐: 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)**

---