

# Relax

拍数: 48                      墙数: 4                      级数: Phrased Intermediate  
编舞者: Esther Orsatti (CH) - October 2021  
音乐: 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**

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