

# Relax

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Linda Hegarty (UK)  
音乐: Take It Easy - Travis Tritt



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## SHUFFLE RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT BOX RIGHT ¼ TURN RIGHT

1&2      Shuffle forward right left right  
3&4      Shuffle forward left right left  
5-6      Cross right over left, step left back  
7-8      Step right to right while turning ¼ turn right, step left beside right

## SHUFFLE RIGHT-LEFT-RIGHT STEP LEFT HOLD SHUFFLE RIGHT-LEFT-RIGHT STEP LEFT HOLD

9&10      Shuffle forward right left right  
11-12      Step left forward and hold  
13&14      Shuffle forward right left right  
15-16      Step left forward and hold

## GRAPEVINE RIGHT WITH ¼ TURN RIGHT, GRAPEVINE LEFT

17-18      Step right to right side, step left behind right  
19-20      Step right to right side, touch left beside right while turning ¼ turn right  
21-22      Step left to left side, step right behind left  
23-24      Step left to left side, touch right beside left

## TOE HEEL, TOE HEEL, KICK KICK ROCK BACK

25-26      Touch right toe forward and drop heel  
27-28      Touch left toe forward and drop heel  
29-30      Kick right forward twice  
31-32      Rock back on right and recover onto left

**REPEAT**

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