

# Relax

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音乐: 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**