

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