

Relax

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Kelly Tattersall & Jason Gosling
音乐: Relax, Take It Easy - MIKA



WEAVE, TOUCH, CROSS, TOUCH, CROSS, TOUCH

1-2-3-4 Cross right over left, left to left, cross right behind left, touch left to left
5-6-7-8 Cross left over right, touch right out to right, cross right over left, touch left out to left

¼ TURN RIGHT, WEAVE, FULL TURN

1-2-3-4 Turn ¼ turn left replacing weight onto right. Cross left over right, step right out to right
5-6-7-8 Left behind right, ¼ turn right, full turn weight onto right foot

LUNGE FORWARD, DRAG BACK, PIVOT ½ TURN, BACK COASTER STEP

1-2-3-4 Lunge forward onto left, replace weight onto right, step back onto left, drag right foot back beside left
5-6-7&8 Point right toe slightly back, pivot ½ turn right, step right back, left beside right, step right forward

½ TURN, ½ TURN, KICK BALL CHANGE, ¼ LEFT SAILOR

1-2-3-4 Step forward left, ½ turn right, step forward left, ½ turn right
5&6-7&8 Kick left foot across right, place weight onto left, replace weight onto right. Step left foot behind right ¼ turn right placing weight onto right foot. Step left beside right

DOROTHY, SIDE ROCK, REPLACE, ½ TURN MONTEREY

1-2&3-4 Step right forward, lock left behind right, step onto right, step left to left, replace weight onto right
&5-6-7-8 Bring left beside right, point right toe out, bring right foot back in while turning ½ turn right. Point left toe left, bring back beside right

DOROTHY, SIDE ROCK REPLACE, CROSS, ½ TURN UNWIND, FULL TURN

1-2&3-4 Step right forward, lock left behind right, step onto right, step left to left, replace weight onto right
&5-6-7-8 Bring left in beside right, cross right over left, ½ turn unwind left, full turn

WALK, WALK, MAMBO STEP, ROCK BACK, REPLACE, SHUFFLE

1-2-3&4 Walk forward right, left, rock forward right replace weight onto left, step back right
5-6-7&8 Rock back left, replace weight forward onto right, shuffle forward left-right-left

REPEAT

TAG

End of 5th wall facing 3:00

WALK, ROCK FORWARD, REPLACE, SWEEP LEFT BEHIND, ROCK BACK, REPLACE SHUFFLE

1-2-3-4 Walk forward right, rock onto left, replace weight back onto right, sweep left foot around and behind
5-6-7&8 Replace weight back onto left, rock forward onto right. Shuffle forward left-right-left

RESTART

On 2nd, 7th & 8th walls, restart after 48 counts

On 3rd & 6th walls, restart after 32 counts

The restarts will be on the word "relax" at the start of the verse or chorus

ENDING

Dance ends on the 9th wall facing the front after 32 counts
