Chillax Max



拍数: 32 墙数: 0 级数:

编舞者: Kathy Hunyadi (USA)

音乐: Relax Max - Dinah Washington With Quincy Jones & Orchestra



Sequence: Start on word "..lax", 2 walls Cha, 1 wall Merengue, 2 walls Cha, 1 wall Merengue (extra vines), Cha to end of song

CHA SIDE, TOGETHER, FORWARD, CHA-CHA SIDE, CROSSOVER BREAK, CHA-CHA SIDE LEFT INTO ¼ TURN LEFT

Rock left forward & across right (you will be about 1/8 turn right), recover weight to right

1-2-3	Step left to side, step right together with left, step left forward
4&5	Step right to side, step left beside right, step right to side with toes turned out (TTO)

Step left to side, step right beside left, turn ¼ left and step forward on left

WALK AROUND TURN, 1/4 TURN TRIPLE, CROSSOVER BREAK, SIDE, TOGETHER, FORWARD

2-3 Step forward right, turn ½ left (weight to left)

Turn ¼ left as you cha-cha side right stepping right, left, right (TTO)

Rock forward and across right with left foot, recover weight to right

Step left to side, step right beside left, step left forward

ROCK, ½ TURN TRIPLE, ROCK, ½ TURN, STEP, TOGETHER

2-3 Rock forward on right, recover weight to left

4&5 Turn ½ right as you triple step forward stepping right, left, right

6-7 Rock forward on left, recover weight to right

8& Turn ½ left and step left forward, step right beside left

STEP FORWARD, 1/4 TURN RIGHT X 3, STEP TOGETHER, HEELS UP & DOWN

1-2 Step forward on left, turn ¼ to right (weight to right)

3-4 Repeat counts 1-2 5-6 Repeat counts 1-2

7&8 Step left beside right, lift both heels up (weight on balls of feet), lower both heels (weight on

right)

REPEAT

6-7

MERENGUE

Traveling to left

1-8 Side, together, side, together, side, together, side, touch

Traveling to right

9-16 Repeat 1-8 on opposite feet

17-20 Walk forward left, right, left, touch right out to side21-24 Walk back right, left, right, touch left beside right

25-28 Vine left with a touch29-32 Vine right with a touch

The second time you do Merengue add an additional vine left, vine right