

Relax

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Esther Orsatti (CH) - October 2021
音樂: Relax - Frankie Goes to Hollywood



Intro: 32 Counts. Start at approx 28 secs.

Sequence: A, B, A, B, B (12 counts), A, B, B, A, B (8 Counts), B, B, A, B, B, A, A, B, Ending

Part A

SEC A1: OUT OUT IN IN, POINT, FLICK, SIDE, SAILOR STEP, SAILOR STEP

&1 Step right to right diagonal, step left to left
&2 Step right back, step left beside right
&3 Point right to right, flick right behind left
4 Step right to right
5&6 Step left behind right, step right to right, step left to left
7&8 Step right behind left, step left to left, step right to right

SEC A2: 2X STOMP, BEHIND, SIDE, CROSS, PRESS ROCK, TOGETHER, BODY ROLL

&1 Stomp left beside right, stomp left to left diagonal
2 Hold
&3 Step right behind left, step left to left
&4 Cross right over left, Hold
5-6 Press rock left to left, recover weight onto right
7-8 Step left beside right, body roll up

SEC A3: OUT OUT IN IN, POINT, FLICK, SIDE, SAILOR STEP, SAILOR STEP

&1 Step right to right diagonal, step left to left
&2 Step right back, step left beside right
&3 Point right to right, flick right behind left
4 Step right to right
5&6 Step left behind right, step right to right, step left to left
7&8 Step right behind left, step left to left, step right to right

SEC A4: 2X STOMP, BEHIND, SIDE, CROSS, PRESS ROCK ¼ TURN, TOGETHER, BODY ROLL

&1 Stomp left beside right, stomp left to left diagonal
2 Hold
&3 Step right behind left, step left to left
&4 Cross right over left, Hold
5-6 Press rock left to left, turn ¼ right recover weight onto right (3:00)
7-8 Step left beside right, body roll up

Part B

SEC B1: FULL ROLLING VINE, TOUCH, CHASSE L, BACK-ROCK-STEP R

1-2 Turn ¼ right step right forward, turn ½ right step left back (9:00)
3-4 Turn ¼ right step right to right, touch left beside right (12:00)
5&6 Step left to left, step right beside left, step left to left
7-8 Rock right back, recover weight onto left

Restart Here on 4th time Part B is danced

SEC B2: WALK, WALK, PRESS ROCK, BACK SHUFFLE, BACK, TOUCHS

1-2 Step right forward, step left forward
3-4 Press rock right forward, recover weight onto left

Restart Here on the 2nd time Part B IS danced

5&6 Step right back, step left beside right, step right back
7-8 Step left back, touch right beside left

Ending On 7th time Part B is danced
Turn $\frac{1}{4}$ right step right forward
Or Step right to right and look $\frac{1}{4}$ right
