

Relax

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Carole Daugherty (USA) & Frank Cooper (CAN)
音樂: Crazy Little Thing Called Love - Michael Bublé



RIGHT CROSS, HOLD, PRESS, HOLD, CROSS, SIDE, KICK, BACK (12:00)

1-2-3-4 Step right forward across left, hold, press ball of left with weight slightly behind right, hold
5-6-7-8 Step right slightly across left, step left slightly left, kick right foot forward right, step back on right foot

Upper body swivels with movement

LEFT CROSS, HOLD, PRESS, HOLD, CROSS, SIDE, KICK, BACK (12:00)

1-2-3-4 Step left forward across right, hold, press ball of right with weight slightly behind left, hold
5-6-7-8 Step left slightly across right, step right slightly right, kick left foot forward left, step back on left foot

Upper body swivels with movement

¼ RIGHT TURNING JAZZ BOX, HITCH HIKER, ¼ RIGHT MONTEREY WITH HOOK (6:00)

1-2-3-4 Step right foot forward across left, step back on left, turn ¼ right on right, step together on left
5-6-7-8 On ball of left move left heel left, while on heel of right move right toes right, return toes & heel to center with weight left, point right toes out right, turn ¼ right on ball of left while drawing right foot back to hook across left

FORWARD CROSS STRUTS: RIGHT, LEFT, STEP, KICK, ½ LEFT TURNING KICKS (3:00)

1-2-3-4 Step right forward across left with bent knee, hold, step left forward across right with bent knee, hold
5-6-7-8 Step forward on right, kick left forward, kick left foot out left, turn ¼ left on ball of right foot, slightly hitching left knee

STEP LEFT, RUN FORWARD RIGHT, KICK, HITCH ½ TURN LEFT HOOK, RUN FORWARD LEFT, HITCH (9:00)

1 Step in place on left foot
2&3 Run forward on right foot, run forward on left foot, run forward on right foot
4-5 Kick left foot forward slightly, hook left across right while turning ½ left on right foot
6&7 Run forward on left foot, run forward on right foot, run forward on left foot
8 Hitch right knee slightly

No run option: step, hold, with lead foot instead of triple step run pattern

RIGHT COASTER STEP, STEP, SAILOR STEP, HOLD, ¼ LEFT TURNING SAILOR STEP (6:00)

1&2 Step back on right foot, step left foot next to right, step slightly forward on right foot
3 Step out on left foot angled slightly left
4&5 Step ball of right behind left, step left on left, step/stomp right foot out right
6 Hold
7&8 Step ball of left foot behind right, turn ¼ left on right foot, step diagonally left on left

REPEAT