

# Relax Max

COPPER KNOB  
BY STEPHENETS

拍數: 80      牆數: 4      級數: Intermediate/Advanced  
編舞者: Ros Brander-Stephenson (UK)  
音樂: Don't Be Stupid (Dance Mix) - Shania Twain



## KICK, KICK, RIGHT SHUFFLE, KICK, KICK, LEFT SHUFFLE

1-2-3&4      Kick right foot forward diagonally right twice, forward shuffle right, left, right  
5-6-7&8      Kick left foot forward diagonally left twice, forward shuffle left, right, left

## ROCK STEP, FULL TURN RIGHT, ½ SHUFFLE TURN RIGHT, ROCK STEP

1-4      Rock forward on right foot, recover onto left, make ½ turn right stepping forward on right, make ½ turn right stepping back on left  
5&6-8      Make half shuffle turn right stepping right, left, right, rock forward on left foot, recover onto right

## LEFT COASTER, STEP PIVOT ¼ LEFT, CROSS SHUFFLE, ½ TURN RIGHT, TOE TOUCH

1&2-4      Step back on left foot, step right beside left, step forward on left, step forward on right, pivot ¼ turn left (weight on left foot)  
5&6-8      Cross right over left, step left to side, cross right over left, make ½ turn right stepping weight onto left foot, touch right toe to right side

## SIDE TOE TOUCHES & CLICKS X 3, WHOOPSIE

1-2      Place weight down onto right, touch left toe diagonally to left side, body angled to left  
**Arms out to side bent at elbows, click fingers**  
3-4      Place weight down onto left, touch right toe diagonally to right side, body angled right  
**Arms out to side bent at elbows, click fingers**  
5-6      Repeat counts 1, 2  
7      Bring left foot beside right, knees bent, hands on knees, bum pushed out  
8      Small jump back as you begin to straighten up

## FORWARD SHUFFLE, TOE POINT, HOLD, FORWARD SHUFFLE, TOE POINT, HOLD

1&2-4      Forward shuffle stepping right, left, right, point left toe to side, hold  
5&6-8      Forward shuffle stepping left, right, left, point right toe to side, hold

## PADDLE TURN, BACK SCOOT (ROGER RABBITS)

1&2&3&4      Hitch right knee making ¼ turn left, point right toe to right side, repeat 3 more times to complete a full turn  
5-6      Scoot back on left right  
7&8      Scoot back on left right left

## BACK SCOOT (ROGER RABBITS), PADDLE TURN

1-2      Scoot back on right left  
3&4      Scoot back on right left right  
5&6&7&8      Hitch left knee making ¼ turn right, point left toe to left side, repeat 3 more times to complete a full turn

## CROSS JACKS X 3, CROSS UNWIND ½ TURN LEFT

&1&2      Step back on right, cross left over right, step right to side, touch left heel forward  
&3&4      Step back on left, cross right over left, step left to side, touch right heel forward  
&5&6      Step back on right, cross left over right, step right to side, touch left heel forward  
&7-8      Step back on left, cross right over front of left, unwind ½ turn left

### **SAILORS LEFT&RIGHT, ROCK STEP, ¾ SHUFFLE TURN LEFT**

- 1&2 Step left behind right, step right to side, step left beside right  
3&4 Step right behind left, step left to side, step right beside left  
5-7&8 Rock forward on left, recover onto right, make ¾ turn left, stepping left, right, left

### **SYNCOPATED JAZZ BOXES RIGHT&LEFT, TURNING RIGHT**

- 1&2 Cross right over in front of left, step back on left, step right to right side making 1/8 turn right  
3&4 Cross left over in front of right, step back on right, step left to left side making 1/8 turn right  
5&6 Repeat 1&2  
7&8 Repeat 3&4 (this completes a ½ turn right)

### **REPEAT**

### **TAG**

**Danced at the end of walls 1, 3, 5**

### **SIDE STEPS, JACK, STEP TOGETHER**

- 1 Step right to side bending at knees into squat position and with hands clasped together in front push in a downward movement  
2 Step left beside right pulling hands up to mid chest  
3 Repeat 1  
4 Repeat 2  
&5-7 Step back on right, touch left heel forward and raise both arms up & out, hold
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