

Relax And Take It

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Sebastiaan Holtland (NL) & Ramona Pennings (NL) - July 2007
音樂: Relax, Take It Easy (Remix DJ Bacon) - Nelly Furtado & Mika



MOONWALK BACK, TOUCH, TURN ¼ RIGHT, OUT OUT AND FLEX KNEES SAILOR CROSS, TURN ½ LEFT, (SHOULDER, SHOULDER) LEFT FOOT STEP OUT

- &1-3 Left foot push forward, right foot & left foot moonwalk back, right foot touch back
- &4 Turn ¼ right foot & left foot jump out and flex your knees in the same time (facing 3:00)
- 5&6 Right foot cross behind left foot, left foot step to the side, right foot across in front of left foot
- 7&8 Turn ½ left, left foot step out, weight on both feet (facing 9:00)

When you do the steps 7&8, in the same time you move your shoulders right-left-right center

TOUCH HOLD, TOUCH HOLD, TURN ¼ TOUCH HOLD, CLOSE JUMP TURN ¼

- 9-10 Right foot touch next left foot, hold (facing 9:00)
- 11-12 Left foot touch next right foot, hold (facing 9:00)
- &13-14 Turn ¼ left, touch right foot next left foot, hold (facing 6:00)
- &15-16 Right foot step in center next to left foot, hold weight on both feet and jump ¼ left (facing 3:00)

SAILOR STEP, SAILOR STEP, HAND AND BODY MOVEMENTS CLOSE HITCH

- 17&18 Right foot cross behind left foot, left foot step to the left side, right foot step to the right side (facing 3:00)
- 19&20 Left foot cross behind right foot, right foot step to the right side, left foot step to the left side weight on both feet (facing 3:00)
- 21-22 Put your right hand palm out to facing public on head line, and left hand on shoulder line with your hand palm to your own body (facing 3:00)
- 23-24 Make a fist with both hands, and holding your position, and appetite with both hands your body forward, left foot close together and make a hitch with your right leg (facing 3:00)

SAILOR STEP, SAILOR STEP WITH TURN ¼, CROSS TOUCH FORWARD AND SIDE, CROSS TOUCH FORWARD AND SIDE, (IN SYNCOPATED), WITH ARM MOVEMENTS IN ATTITUDE

- 25&26 Right foot cross behind left foot, left foot step to the left, right foot step to right (facing 3:00)
- 27&28 Left foot cross behind right foot, turn ¼ left, right foot step to right, left foot step to the left (facing 12:00)
- 29&30 Right foot cross touch forward, right foot step to the right weight on right foot (facing 12:00)
- &31&32 Left foot cross touch forward, left foot step to the left weight on both feet (facing 12:00)

HEEL, HEEL, SIDE LUNGE, UP IN STANDING POSITION SAILOR STEP, SAILOR STEP

When you do the steps 33 t/m 34 flex your head and body downstairs like a robot and push with your hand your body and head downstairs like a mime player. After that come up again in a standing position on count 35 t/m 36

- 33&34 Right foot push your heel down 2x, on count 34 flex your knee down in a side lunge position (facing 12:00)
- 35-36 Right foot step back in center in a standing position, weight on both feet ending out (facing 12:00)
- 37&38 Right foot step behind left foot, left foot step to the left, right foot step to the right weight on right foot (facing 12:00)
- 39&40 Left foot step behind right foot, right foot step to the right, left foot step to the left weight on left foot (facing 12:00)

POSE, POSE TURN ¼ POSE HITCH BACK TURN ½ STEP JUMP

- 41-42 Now you stay in out position bring your right hand up flex your hand like a dog bring your right hand down and in same time bring your left hand up and flex your hand like a dog

- 43 Bring your left hand down and in the same time bring your right hand up and flex your arm in 90 degrees, make a pose with your right hand spread fingers with your hand palm to the left side (facing 12:00)
- 44 Stay in position, and make turn $\frac{1}{4}$ left, twist both feet $\frac{1}{4}$ left, flex slightly your left knee, weight on right foot (facing 3:00)
- 45-46 Right foot make a hitch, right foot push your feet back but holding weight on left foot

When you do the steps 45 t/m 46, move both hand up and down like Pinocchio and ending with right hand up on count 46

- 47&48 Holding your position and make turn $\frac{1}{2}$ right, right foot step back in center and make a jump forward with both feet, ending weight on both feet (facing 3:00)

When do the jump make fist with your right hand from the 46 count position and pull your right hand down one time like a train

When you start the 4th wall you get restart in music after the counts 29 t/m 32 close left foot next right foot and start again with the first section

REPEAT

[EMail](#)
