

Keep Yourself Relax

48 Count, 2 Wall, Improver

Choreographer: Angela Rushing (USA) July 2008

Choreographed to: How Long by Eagles,

CD: Long Road Out of Eden

Dance starts: 26 count intro (start on the words "like a bluebird")
Be in the beat of music (fast dance)

WALK 2X, SHUFFLES (R-L)

- 1-2 Walk forward – right, left
- 3-4 Shuffle Right foot – right, left, right
- 5-6 Walk forward – left, right
- 7-8 Shuffle left foot – left, right, left

½ TURN (left), KICK, CROSS, (R-L), BACKWARD LOCKS (R-L)

- 1-2 Step Right foot forward making ½ turn to the left
- 3-4 Kick Right foot to side, cross Right foot over left foot
- 5-6 Kick Left foot to side, cross Left foot over Right foot
- 7-8 Step right back, lock left over right, step right back
- 1-2 Step left back, lock right over left, step left back

¾ BOX

- 3-4 Step right foot to side, touch left foot next to Right foot
- 5-6 Step back Right foot, touch Left foot next to Right foot
- 7-8 Step Left foot to side, touch Right foot next to left foot

KICK BALL CHANGE 2X, SLIDE, STEP SIDE, KICK BALL CHANGE

- 1-2 Kick-ball-change, kick left forward, step ball of left beside right, change weight to right
- 3-4 Repeat 1&2
- 5-6 Slide Right foot to right side, step Left foot next to Right
- 7-8 Kick-ball-change, kick left forward, step ball of left beside right, change weight to right

OUT, OUT, IN, IN, TOES STRUTS

- 1 & Touch right toe to right, step right next to left
- 2 & Touch left toe to left side, step left next to right
- 3 & Touch right heel forward, step right next to left
- 4 & Touch left heel forward, step left next to right
- 5-6 Step right toes forward, drop heel down
- 7-8 Step left toes forward, drop heel down

ROCK BACK, RECOVER 2X, STOMP, TOUCH, HOLD (R-L)

- 1-2 Rock Right back, recover onto left
- 3-4 Repeat 1&2
- 5-6 Stomp Right foot on right diagonal, touch Left foot next to right and hold
- 7-8 Stomp Left foot on left diagonal, touch Right foot next to left and hold