

Relax

32 count, 2 wall, intermediate level

Choreographer: The Girls (Maureen & Michelle)
(England) April 2007

Choreographed to: Relax (Take It Easy) by Mika, CD:
Life In Cartoon Motion (124 bpm)

Intro 32 counts

STEP, ½ PIVOT, SHUFFLE, SIDE ROCK, TOGETHER, SIDE ROCK, ¼ TURN

1-2 Step right forward, pivot ½ turn left

3&4 Shuffle forward stepping right, left, right

5-6& Rock left to left, recover onto right, step left beside right

7-8& Rock right to right, recover onto left, on ball of left make ¼ turn right

BACK ROCK, SHUFFLE, ¼ TURN, STEP, HITCH, SIDE, TOGETHER, HITCH

9-10 Rock right back, recover onto left

11&12 Shuffle forward stepping right, left, right

13-14 Make ¼ turn right and step left to left, hitch right

&15-16 Step right to right, step left beside right, hitch right

Restart dance after count 16 during wall 4

STOMP, HOLD, BEHIND, SIDE, HEEL, STEP, CROSS, ¼ TURN, ¼ TURN, WALKS

17-18 Stomp right to right, hold (keep weight on left)

Fun option: To mirror the lyrics, on counts 17-18 let yourself relax i.e. head down, arms limp – ‘rag doll’ pose

19&20& Step right behind left, step left to left, touch right heel diagonally forward right, step right beside left

21-22 Step left across right, make ¼ turn left and step right back

23-24& Make ¼ turn left and step left forward, step right forward, step left beside right

Restart dance after count 24& during walls 2 and 7

STEP, SIDE ROCK, STEP, SIDE ROCK, CROSS, BACK, BACK ROCK

25-26& Step right forward, rock left to left, recover onto right

27-28& Step left forward, rock right to right, recover onto left

29-30 Step right across left, step left back

31-32 Rock right back, recover onto left

The dance ends facing the back after count 32. Spin half turn left on ball of left to finish facing front.
