

Chill Out

64 count, 4 wall, intermediate level

Choreographer: K&K (UK) June 2005

Choreographed to: Three Little Birds by Sean Paul & Ziggy Marley, Shark Tale Soundtrack; I Love My Life by Jamie O'Neal, Brave Album; Ribbon Of Highway by Scooter Lee

Intro: 16 counts from beginning, come in on "Don't Worry"

(Start in "Open Double Hand Hold" – Man facing OLOD – Lady facing ILOD)

(Mans steps given ... Lady opposite footwork throughout unless stated)

1 – 8 Side, Rock Back, Side, Rock Forward, Step, Shuffle 1/2 Turn, Step, Step.

1 Step L to L side.

2&3 Rock back on R (behind L), recover weight on L. Step R to R side. **(Lady rocks fwd)**

4&5 Rock forward on L (in front of R), recover weight on R. Step L beside R. **(Lady rocks back)**

6&7 **Release R hand**, Shuffle 1/2 turn L on R.L.R to face ILOD, **Rejoin hands**

(Lady will step forward on the R, Shuffle 1/2 turn R, on L.R.L passing under the arm to face OLOD)

8& Step L beside R, Step R beside L.

9 – 16 Repeat the above section again Counts 1 – 8&

17 – 24 Side, Cross Rock Recover x 2, Walk Round a Full Circle To The Left.

17 Step L to L side (to face diagonal), **Release L hand**,

18&19 Cross rock R over L, recover on L, Step R to R side (to face diagonal), **Release R hand**.

20& Cross rock L over R, recover on R,

21 -24 Make a full turn round to L, on L.R.L, Touch R beside L. **(Lady will turn to the Right)**

25 - 32 Repeat 17 – 24 again starting on opposite foot.

But this time, Man will step weight onto L on count 24 (Lady still ends with a touch). Do not rejoin hands.

33 - 40 Rumba Box, Hip Bumps R & L. (Footwork same for both)

33&34 Step R to R side, Close L beside R, Step forward on R.

35&36 Step L to L side, Close R beside L, Step back on L.

(This box is done around each other, end facing but to the right of each other, join Right hands)

37 – 40 Bump R hips together x 2, taking weight onto R. Bump hips L x 2 transferring weight onto L

40 – 48 Rolling Vine Right, Touch, Rolling Vine Left, Touch. (Footwork same for both)

41 – 42 Make 1/4 turn to R stepping forward on R, 1/2 turn R stepping back on L,

43 – 44 1/4 turn R stepping R to R side, Touch L beside R

45 – 48 Repeat steps 41 – 44 starting on L foot. (Turning Left)

49 – 56 1/4 Right Chasse, 1/4 Left Chasse, 1/4 Right Chasse, 1/4 Left, Touch.

49&50 Make 1/4 turn R stepping R to R side, Step L beside R, Step R to R side. **(Back to back)**

51&52 Make 1/4 turn L stepping L to L side, Step R beside L, Step L to L side. **(Face to face)**

53&54 Make 1/4 turn R stepping R to R side, Step L beside R, Step R to R side. **(Back to back)**

55 –56 Make 1/4 turn L stepping L to side, Touch R beside L.

(Lady will step onto R instead of a touch).

57 – 64 Chasse Right, 1/2 Turn, Chasse Left, Chasse Right, 1/2 Turn, Chasse Left.

57&58 **(Holding Lady's R hand in your L)** Step R to R side, Step L beside R, Step R to R side.

59&60 Make 1/2 turn R as you step L to L side, Step R beside L, Step L to L side.

(Now back to back)

61&62 **(Changing hands)** Step R to R side, step L beside R, Step R to R side.

63&64 Make 1/2 turn R as you step L to L side, Step R beside L, Step L to L side.

& Step R beside L.

KEEP SMILING AND START AGAIN.....

Note: This can be done as a Line or Circle Partner dance. You can put extra hands in by tapping the next person's hand in the Rolling Vines, or by clapping both hands of the person you are facing as you do counts 49 – 56.
