

Relax

拍數: 32 牆數: 2 級數: Beginner
編舞者: Linda Hegarty (UK)
音樂: Take It Easy - Travis Tritt



SHUFFLE RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT BOX RIGHT ¼ TURN RIGHT

1&2 Shuffle forward right left right
3&4 Shuffle forward left right left
5-6 Cross right over left, step left back
7-8 Step right to right while turning ¼ turn right, step left beside right

SHUFFLE RIGHT-LEFT-RIGHT STEP LEFT HOLD SHUFFLE RIGHT-LEFT-RIGHT STEP LEFT HOLD

9&10 Shuffle forward right left right
11-12 Step left forward and hold
13&14 Shuffle forward right left right
15-16 Step left forward and hold

GRAPEVINE RIGHT WITH ¼ TURN RIGHT, GRAPEVINE LEFT

17-18 Step right to right side, step left behind right
19-20 Step right to right side, touch left beside right while turning ¼ turn right
21-22 Step left to left side, step right behind left
23-24 Step left to left side, touch right beside left

TOE HEEL, TOE HEEL, KICK KICK ROCK BACK

25-26 Touch right toe forward and drop heel
27-28 Touch left toe forward and drop heel
29-30 Kick right forward twice
31-32 Rock back on right and recover onto left

REPEAT
