

## Relax And Take It

48 count, 4 wall, intermediate level

Choreographer: Sebastiaan Holtland &amp; Ramona Pennings (NL) July 2007

Choreographed to: Relax (Take It Easy) by Nelly Furtado vs Mika (Remix Dj Bacon)

16 count intro

**MOONWALK BACK, TOUCH, 1/4 TURN RIGHT, OUT OUT AND FLEX KNEES****SAILOR CROSS, 1/2 TURN LEFT, (SHOULDER, SHOULDER) Lf STEP OUT**

- &1-3 Lf push forward, Rf + Lf moonwalk back, Rf touch back back  
&4 1/4 turn right Rf+Lf jump out and flex your knees in the same time (facing 3:00)  
5&6 Rf cross behind Lf, Lf step to the side, Rf across in front of Lf  
7&8 1/2 turn left, Lf step out, weight on both feet (facing 9:00)

Note: When you do the steps 7&amp;8, in the same time you move your shoulders R-L-R center

**TOUCH HOLD, TOUCH HOLD, 1/4 TURN TOUCH HOLD, CLOSE JUMP 1/4 TURN**

- 9-10 Rf touch next Lf, Hold (facing 9:00)  
11-12 Lf touch next Rf, Hold (facing 9:00)  
&13-14 1/4 turn left, touch Rf next Lf, Hold (facing 6:00)  
&15-16 Rf step in center next to Lf, hold weight on both feet and jump 1/4 left (facing 3:00)

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

- 17&18 Rf cross behind Lf, Lf step to the left side, Rf step to the right side (facing 3:00)  
19&20 Lf cross behind Rf, Rf step to the right side, Lf step to the left side weight on both Feet (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, Lf close next to right and make a hitch with your right leg (facing 3:00)

**SAILOR STEP, SAILOR STEP WITH 1/4 TURN, CROSS TOUCH FWD AND SIDE, CROSS TOUCH FWD AND SIDE, (IN SYNCOPATED), WITH ARM MOVEMENTS IN ATTITUDE**

- 25&26 Rf cross behind Lf, Lf step to the left, Rf step to right (facing 3:00)  
27&28 Lf cross behind Rf, 1/4 turn left, Rf step to right, Lf step to the left (facing 12:00)  
29&30 Rf cross touch forward, Rf step to the right weight on Rf (facing 12:00)  
&31&32 Lf cross touch forward, Lf step to the left weight on both feet (facing 12:00)

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

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

**POSE, POSE 1/4 TURN POSE HITCH BACK 1/2 TURN STEP JUMP**

- 41-42 Now you stay in out 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 1/4 turn left, twist both feet 1/4 left, flex slightly your left knee, weight on Rf (facing 3:00)  
45-46 Rf make a hitch, Rf push your feet back but holding weight on Lf  
Note: 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 1/2 turn right, Rf step back in center and make a jump forward with both feet, ending weight on both feet (facing 3:00)

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

2nd Note: When you start the 4th wall you get restart in music after the counts 29 t/m 32 glose Lf next Rf And start again with the first section.

Music download available from iTunes: Napster: eMusic: Wipit