

Relax

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 Music: Relax by Elvis Presley from the Album It Happened At The World's Fair and from
 The Elvis Presley Collection-Treasures: 1960-1963 (Time-life) or downloadable from Amazon
 Footwork: Opposite Footwork
 Rhythm: WC Phase V+1 (Cheerleader)
Sequence: ABC-BC-B-End

Part A

1-8 LOFP/LOD WAIT;; WHIP TURN;; TUMMY WHIP;; CHEERLEADER W/ SD CL;;
 1-2 in LOFP M fcg LOD lead ft free wait;;
 123&4 3-4 {Whip trn} Bk L, rec fwd R mving to W's R sd comm RF trn ¼ to mom SCP,
 567&8 sd L cont RF trn ¼ / fwd R, sd & fwd L;
 cont trn XRIB of L, sd L, anchor in pl R/L, R (W fwd R, fwd L trn RF ½ to
 SCP, bk R/ cl L, fwd R; fwd L start RF trn, cont RF trn bk R, anchor L/R, L);
 123&4 5-6 {Tummy Whip} Bk L, rec R acr L start RF trn, plcing R hnd on W's R hip
 567&8 cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L, fwd R both arms go out
 to RLOD/cl L to R both arms come up to go bhd the hd, bk R both arms
 caress bk of head dwn to neck); XRIB of L trn RF, rec L cont RF trn lead
 W to bk up, anchor R/L, R (W bk L, bk R, anchor L/R,L)
 drop hdns end M fcg LOD;
 7-8 {Cheerleader with sd cl} XLIF of R, sd R / tap L heel sd & fwd, sd L /
 1a2a3a4a XRIF of L, sd L / tap R heel sd & fwd; Sd R / XLIF of R, sd R / tap L heel sd &
 5a678 fwd, sd L twd COH, cl;

Part B

1-3 SUGAR PUSH;;, ALTERNATING UNDERARM TURN TO HNDSHK;;
 123&4 1-1,5 {Sugar push} Bk L, bk R, tch L, fwd L; anchor in pl R/L, R (W fwd R, fwd L,
 5&6 tch R to L, bk R; anchor in pl L/R, L),
 78 1,5-3 {Alternating Undrm Turn} Bk L, rec R to W's R sd raising jnd ld hnds and
 1&23&4 comm RF trn; Sd & fwd L comp ¼ RF trn/ cl R, fwd L spinning abt
 ¾ LF und jnd ld hnds to fc ptr, bk to anchor R/L,R (W fwd R, L comm LF
 trn undr jnd lead hands; cont LF trn sd R/XLIF of R, sd & bk R,
 bk to anchor L/R,L) to HNDSHK;
4-8 FACE LOOP SUGAR PUSH - UNDERARM TURN;;; CHEERLEADER W/ SD CL;;
 123&4 4-4,5 { Face Loop Sugar Push} Bk L, bk R w/slight RF bdy trn plc jnd hnds
 5&6 over man's head to neck & place man's free hand on ptr R hip; Tch L to R,
 fwd L pushing ptr bk, XRIB/sd L, sd R; (Fwd R, Fwd L tch R to L; Bk R sliding
 R hand dwn ptr L arm, bk L/cl R, fwd L);
 78 4,5-6 { Undrm Trn} Bk L, rec R moving to W's R sd start RF trn, lead W to LF
 1&23&4 UA trn as trn trpl to fc LOD L/R, L, anchor R/L, R (W fwd R, fwd L start LF
 trn und jnd ld hnds sd & fwd R/ XLIF of R cont LF trn, bk R, anchor L/R, L)
 to fc LOD;
 7-8 {Cheerleader with sd cl} repeat meas 7-8 of Part A;;

Part C

1-8	<u>UNDERARM TRN TO TRIPLE TRAVEL WITH ROLLS;;;,,</u>
	<u>INSIDE SURPRISE WHIP;;;, CHEEK TO CHEEK;;</u>
123&4 5&678 1&23&4 5&678 1&2	1-4,5 {UA Trn to Trpl Travel w/ Roll} bk L trng RF, fwd R twd W's R sd trng RF, fwd L/cl R, fwd L to R hnd star M fcg WALL (W fwd R, fwd L, undr jnd Lead hnds fwd R/fwd L, fwd R trng LF to fc COH); Chasse R/L, R, roll RF 1 ½ trns L, R to L hnd star M fcg WALL (W chasse L/R, L, roll RF 1 ½ trns R,L); chasse L/R,L both trn LF ½ to R hnd star, chasse R/L,R both trn RF to L hnd star M fcg Wall; Chasse L/R, L roll LF R,L LOP fcg ptr & LOD; anchor R/L,R (W L/R,L),,
34 5&678 1&2	4,5-6,5 {Insd Surprise Whip} Bk L, rec R on L sd of track, lead W to insd UA trn sd L trn RF/ rec fwd R, sd & fwd L comp ½ RF trn to fc RLOD; Ck fwd R trn upper body strongly to the R leading W to trn sharply to the R and stop W with R hnd on her bk, rec bk L raise jnd lead hnds to lead W to trn und RF, anchor R/L, R (W fwd R, fwd L star t LF undrm trn, trn LF und the arm bk R/cl L, fwd R to CP; Trn sharply RF check bk L, rec fwd R trn RF und jnd lead hnds to fc ptr, bk into Anchor L/R, L);
34 5&67&8	6,5-8 {Cheek To Cheek} bk L, rec fwd R comm RF trn; lift L knee up cont RF trn tch M's L hip to W's R hip, XLIF of R trng LF to fc ptr, anchor;

Ending

1-8	<u>WHIP TURN;; SUGAR PUSH;;, HALF TUMMY WHIP TO SKATERS;;</u>
	<u>WHEEL 2 TO ESCORT; SLOW PROMENADE;;;</u>
1-2 3-5,5 781&2	1-2 {Whip trn} Repeat meas 3-4 of Part A;; 3-5,5 {Sugar Push} repeat meas 1-1,5 of Part B;;, 3,5-4,5 {Half Tummy Whip to Skaters} Bk L, rec R acrs L start RF trn, placing R hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L, fwd R both arms go out to RLOD/cl L to R both arms come up to go bhd the head, bk R both arms caress bk of head dwn to neck) M on the L & a little bhd of W blend to Skaters Pos;
34 5-7- 1-3-5-7	4,5-5 {Wheel 2} Fwd R, L (W bwd L, R) blend to Escort Pos; 6-8 {Promenade} slow Stroll fwd R,-, L,-; (W slow stroll fwd L,-,R,-;) repeat meas 6 of End twice - strolling arnd the hall;;