# Relax & Drinkin'

**Count:** 48 **Wall:** 4 **Level:** Intermediate WCS
**Choreographer:** Sebastiaan Holtland (NL) - December 2017
**Music:** Adrenaline - Lauv : (EP: Lost in the Light 2015)

**Restart in wall 4 after 32 counts, after start again facing 6 o`clock and one easy tag ending wall 5 after 48 counts.**
**Introduction: 32 counts, start on approx. 20 sec**

**Part 1. [1-8] L Side, Behind with Knee Lift R, Replace with Knee Rise R, Cross, Back Side Step with ¼ Turm R, Side, Together, Back.**

| | |
|---|---|
| 1,2& | Step R to R (1), Step L behind R and lift R knee up (2), Step R back in place slightly to R (&). |
| 3,4 | Step L back in place and rising R knee up (3), Step R across L (4). |
| 5&6 | Step L back (5), Make ¼ turn R (3.00) step R to R (&), Step L fwd (6). |
| 7&8 | Step R to R (7), Step L beside R (&), Step R back (8). |

**PART 2. [9-16] 2x Sugar Foots R, L, Coaster Step L, Big Step R with Drag L, Together, Knee Pops R, L.**

| | |
|---|---|
| 1,2 | Step L back and push R toes to R and holding R heel on the floor (1), Step R back and push L toes to L and holding L heel on the floor (2), |
| 3&4 | Step L back (3), Step R beside L (&), Step L fwd (4). |
| 5,8 | Step R big to R and drag L toewards R (5), Step L beside R (6), Pop R knee fwd (7), Step R back in place and pop L knee fwd (8). |

**PART 3. [17-24] Pop R Fwd with Arm Movement, Pop L Fwd with 1/8 Turn L with Arm Movement, Step Lock Step L, ½ Pivot Turn L, ½ Shuffle Turn L.**

| | |
|---|---|
| 1 | Step L back in place and pop R knee fwd: at the same time create a drinking motion with your R hand and move your head with it (1). |
| 2 | Step R back in place and make 1/8 turn L (1.30) and pop L knee fwd: at the same time, bring your R hand to your L fist fwd at chest height (2). |
| 3&4 | On diagonal: Step L fwd (3), Lock R behind L (&), Step L fwd (4). |
| 5,6 | On diagonal: Step R forward (5), Pivot turn ½ turn L (7.30) over L and taking weight onto L (6). |
| 7&8 | On diagonal: Continue a ½ turn L (1.30) step R back (7), Step L beside R (&), Step R back (8). |

**PART 4. [25-32] Back with Drag R, Together, Step Lock Step L with 1/8 Turn L, ½ Pivot Turn L, 2x Camel Walks R, L.**

| | |
|---|---|
| 1,2 | On diagonal: Step L back and drag R towards L (1), Step R beside L (2). |
| 3&4 | Step R forward (3), Make 1/8 turn L (12.00) lock R behind L (&), Step L forward (4). |
| 5,6 | Step R forward (5), Pivot Turn ½ turn L (6.00) over L and taking weight onto L (6). |
| 7,8 | Step R fwd while you pop L knee fwd (7), Step L fwd while you pop R knee fwd (8). |

**(NB: Restart here in wall 4 after 32 counts, after start again (facing 12 o'clock).**

**PART 5. [33-40] Big Step R, Together with Knee Pop R, Fwd Coaster Step R with Sweep L, Back, Side with 1/8 Turn R, Step with Sweep R, Weave L with 1/8 Turn R, Behind with Sweep L.**

| | |
|---|---|
| 1,2 | Step R big to R (1), Step L beside R and pop R knee fwd (2). |
| 3&4 | Step R fwd (3), Step L beside R (&), Step R back and sweep L from front to back (4). |
| 5&6 | Step L behind R (5), Make 1/8 turn R (7.30) step R to R (&), On diagonal: Step L fwd and sweep R from back to front (6). |
| 7&8 | Step R across L (7), Make 1/8 turn R (9.00) step L to L (&), Step R behind L and sweep L from front to back (8). |

**PART 6. [41-48] Weave R, Side, Cross Rock / Recover, Side, Side ½ Turn L with Heel Flick L, Side, Hold, Ball Step L.**

| | |
|---|---|
| 1&2& | Step L behind R (1), Step R to R (&), Step L across R (2), Step R to R (&). |
| 3,4 | Cross rock L forward (4), Recover back onto R (4). |
| &5,6 | Step L to L (&), Make ¼ turn L (6.00) step R to R and Flick L heel behind R (5), Step L back in place (6). |
| 7 | Hold (7). |
| &8 | Step R beside L on ball (&), Step L fwd (8). |

**(NB: Tag - wall 5 after 32 counts, Then start again (facing 6 o'clock).**

**TAG: 1-4 Out, Out, Big Step Back with Heel Drag L, Together.**

| | |
|---|---|
| 1,4 | Step R out to R (1), Step L out to L (2), Step R big back and drag L heel slightly toewards R (3), Step L beside R (4). |

**REPEAT DANCE AND HAVE FUN!!**