

# Rilassamento

Choreographed by Anita Wittenberg

Type : 48 Count, 2 Wall, Rise and Fall (Waltz)  
 Level : Intermediate  
 Music : "Rilassamento" by Gianni Pavesi Special Edit: please contact the WCDF Music Board

## STEP FORWARD 4X, 1 ¼ TURN R IN PLACE

1 LF Step forward  
 2 RF Step forward  
 3 LF Step forward  
 4 RF Step forward  
 5 LF ½ Turn R, step together  
 (face 6.00)  
 & RF ½ Turn R, step together  
 (face 12.00)  
 6 LF ¼ Turn R, step together  
 (face 3.00)

## STEP BACKWARDS 3X, STEP TOGETHER, STEP FORWARD, CROSS SHUFFLE ½ TURN R

7 RF Step backwards  
 8 LF Step backwards  
 & RF Step backwards  
 9 LF Step together  
 10 RF Step forward  
 11 LF ¼ Turn R, step left  
 (face 6.00)  
 & RF ¼ Turn R, cross over  
 (face 9.00)  
 12 LF step backwards

## ½ TURN R, 1 1/8 TURN R, TWINKLE

13 RF ½ Turn R, step forward  
 14 LF Touch together,  
 start 1 1/8 turn R  
 15 End 1 1/8 turn R (face 4.30)  
 16 LF Step forward  
 17 RF 1/8 Turn L, step right  
 (face 3.00)  
 18 LF 1/8 Turn L, step forward  
 (face 1.30)

## STEP FORWARD, BATTEMA, ½ TURN L, STEP FORWARD 4X

19 RF Step forward  
 20 LF Lift leg backwards  
 21 LF Touch together, ½ turn L  
 (face 7.30)  
 22 LF Step forward  
 23 RF Step forward  
 & LF Step forward  
 24 RF Step forward

## STEP FORWARD, 1 ¼ PIROUETTE L, STEP FORWARD 2X, ½ TURN R

25 LF Step forward  
 26 RF 1 ¼ Turn L, hitch with knee open  
 27 End 1 ¼ turn L, (face 4.30)  
 28 RF Step forward  
 29 LF Step forward  
 30 RF ½ Turn R, weight change  
 (face 10.30)

## HITCH AND CROSS OVER 2X, ½ TURN L, 1/8 TURN R, CROSS SHUFFLE ¼ TURN R

31 LF Hitch and cross over  
 32 RF Hitch and cross over  
 33 LF ½ Turn L, weight change  
 (face 4.30)  
 34 RF Step forward  
 35 LF 1/8 Turn R, step left (face 6.00)  
 & RF ¼ Turn R, cross over (face 9.00)  
 36 LF Step backwards

## ½ TURN R, 1 1/8 TURN R LIFT L LEG, STEP BACKWARDS 2X, TOUCH TOGETHER

37 RF ½ Turn R, step forward  
 (face 3.00)  
 38 LF Start 1 1/8 Turn R,  
 lift backwards bended  
 39 Ending 1 1/8 turn (face 4.30)  
 40 LF Step backwards  
 41 RF Step backwards  
 42 LF Touch together

## 1/8 TURN L, FORWARD 2X, ½ TURN L, STEP FORWARD, ¼ TURN L, TOUCH R, STEP R, TOUCH TOGETHER

43 LF 1/8 Turn L, step forward  
 (face 3.00)  
 44 RF Step forward  
 45 LF ½ Turn L, step forward (face 9.00)  
 46 RF ¼ Turn L, step right (face 6.00)  
 47 RF Slide together  
 48 LF Touch together

Diamond and higher are allowed to dance count 26 and 27 with the RF touched together.