|  |  |
| --- | --- |
| The Release |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lisa McCammon (USA) & Curtis Smith (USA) - February 2017 |
| **Music:** | Release Me (feat. k.d. lang) - Lyle Lovett |
| . |

**#16 count intro - Counterclockwise rotation; Start weight on L**

**SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, CROSSING TOE STRUT**

|  |  |
| --- | --- |
| 1-4 | Step R to side, step L behind, step R to side, cross L |

|  |  |
| --- | --- |
| 5-6 | Rock R to side, recover L |

|  |  |
| --- | --- |
| 7-8 | Touch R toes across, drop R heel, taking weight R |

**(easier option for 7-8: Cross R, HOLD)**

**SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, CROSSING TOE STRUT**

|  |  |
| --- | --- |
| 1-4 | Step L to side, step R behind, step L to side, cross R |

|  |  |
| --- | --- |
| 5-6 | Rock L to side, recover R |

|  |  |
| --- | --- |
| 7-8 | Touch L toes across, drop L heel, taking weight L \*\*\*RESTART |

**(easier option for 7-8: Cross L, HOLD)**

**BUMP RR, LL, LITTLE TURN, LITTLE TURN**

|  |  |
| --- | --- |
| 1-2 | Step R to side, bumping hips to right twice |

|  |  |
| --- | --- |
| 3-4 | Bump hips to left twice |

|  |  |
| --- | --- |
| 5-8 | Step forward R, turn left 1/8; repeat, ending at [9], weight L |

**HUSTLE WALK**

|  |  |
| --- | --- |
| 1-4 | Walk forward R, L, R, kick L |

|  |  |
| --- | --- |
| 5-8 | Walk back L, R, L, touch R home |

**\*\*RESTART facing [6] after the short instrumental bridge during the 3rd repetition.**

**ENDING: the dance ends facing the front during the second set.**

**Instead of a toe strut for 7-8, just step across on count 7—ta-dah!**

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