|  |  |
| --- | --- |
| Release Me |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Dee Musk (UK) - May 2009 |
| **Music:** | Release Me (UK Radio Edit) - Agnes : (CD Single) |
| . |

**64 Count Intro. Approx 30 seconds. Track approx 3 mins 06 secs**

**FORWARD ROCK, FULL TURN R, BACK ROCK KICK BALL CHANGE.**

|  |  |
| --- | --- |
| 1,2 | Rock forward on R, recover weight to L. |

|  |  |
| --- | --- |
| 3,4 | Travelling back make a ½ R stepping forward on R, make a ½ turn R stepping back on L. |

|  |  |
| --- | --- |
| 5,6 | Rock back on R, recover weight to L. |

|  |  |
| --- | --- |
| 7&8 | Kick R forward, step R beside L, step forward on L. (12 o’clock). |

**STEP ¼ TURN L, CROSS SHUFFLE, ½ TURN R, SHUFFLE FORWARD.**

|  |  |
| --- | --- |
| 1,2 | Step forward on R, make a ¼ turn L. |

|  |  |
| --- | --- |
| 3&4 | Cross step R over L, step L to L side, cross step R over L. |

|  |  |
| --- | --- |
| 5,6 | Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side. |

|  |  |
| --- | --- |
| 7&8 | Step forward on L, close R beside L, step forward on L. (3 o’clock). |

**\*\* Restarts here during walls 2 and 5.**

**STEP ¼ TURN L, CROSS SIDE, BEHIND SIDE CROSS, SIDE ROCK.**

|  |  |
| --- | --- |
| 1,2 | Step forward on R, make a ¼ turn L. |

|  |  |
| --- | --- |
| 3,4 | Cross step R over L, step L to L side. |

|  |  |
| --- | --- |
| 5&6 | Cross step R behind L, step L to L side, cross step R over L. |

|  |  |
| --- | --- |
| 7,8 | Rock L out to L side, recover weight to R. (12 o’clock). |

**BEHIND SIDE CROSS, POINT ½ MONTEREY TURN R, POINT CROSS, BACK SIDE CROSS.**

|  |  |
| --- | --- |
| 1&2 | Cross step L behind R, step R to R side, cross step L over R. |

|  |  |
| --- | --- |
| 3,4 | Point R to R side, make a ½ Monterey turn R stepping R beside L. |

|  |  |
| --- | --- |
| 5,6 | Point L to L side, cross step L over R. |

|  |  |
| --- | --- |
| 7&8 | Step back on R, step L to L side, cross step R over L. (6 o’clock). |

**CHASSE L, BACK ROCK, KICK BALL CROSS, STOMP, HOLD.**

|  |  |
| --- | --- |
| 1&2 | Step L to L side, close R beside L, step L to L side. |

|  |  |
| --- | --- |
| 3,4 | Cross rock R behind L, recover weight to L. |

|  |  |
| --- | --- |
| 5&6 | Kick R to R diagonal, close R beside L, cross step L over R. |

|  |  |
| --- | --- |
| 7,8 | Stomp R to R side, HOLD count 8. (6 o’clock). |

**SAILOR ¼ TURN L, WALK R, WALK L, SAILOR ½ TURN R WITH CROSS, SIDE ROCK.**

|  |  |
| --- | --- |
| 1&2 | Making a ¼ sailor turn L cross step L behind R, step R to R side, step forward on L. |

|  |  |
| --- | --- |
| 3,4 | Walk forward R, walk forward L. |

|  |  |
| --- | --- |
| 5&6 | Making a ½ sailor turn R cross step R behind L, step L to L side, cross step R over L. |

|  |  |
| --- | --- |
| 7,8 | Rock L out to L side, recover weight to R. (9 o’clock). |

**KICK BALL CROSS, SIDE, KICK BALL CROSS, SIDE, TOUCH BALL CROSS.**

|  |  |
| --- | --- |
| 1&2 | Kick L to L diagonal, close L beside R, cross step R over L. |

|  |  |
| --- | --- |
| 3 | Step L to L side. |

|  |  |
| --- | --- |
| 4&5 | Kick R to R diagonal, close R beside L, cross step L over R. |

|  |  |
| --- | --- |
| 6 | Step R to R side. |

|  |  |
| --- | --- |
| 7&8 | Touch L beside R, step L to L side, cross step R over L. (9 o’clock). |

**BACK SIDE, LOCK STEP FORWARD, STEP ½ TURN L, KICK BALL CHANGE.**

|  |  |
| --- | --- |
| 1,2 | Step back on L, step R to R side. |

|  |  |
| --- | --- |
| 3&4 | Step forward on L, cross lock R behind L, step forward on L. |

|  |  |
| --- | --- |
| 5,6 | Step forward on R, make a ½ turn L. |

|  |  |
| --- | --- |
| 7&8 | Kick R forward, step R beside L, step forward on L. (3 o’clock). |

**\*\*Restart 1 during wall 2 – dance up to count 16 then begin again facing 6 0’clock wall.**

**\*\*Restart 2 during wall 5 – dance up to count 16 then begin again facing 3 o’clock wall.**

**deemusk@btinternet.com Dee – 07814 295470**