

# Set Them Free

Count: 32

Wall: 4

Level: Easy Beginner

Choreographer: Sandy McDonald (USA) - September 2020

Music: If You Love Somebody Set Them Free - Sting



**NOTE:** This dance goes to a variety of music

**Alt. Music:**

"Boogie Shoes" by KC and the Sunshine Band

"Because" by The Dave Clark Five

"Pump Up The Jam" by Swingrowers

"I Need More of You" by The Bellamy Brothers

"The City Put The Country Back In Me" by Neal McCoy

"Boom Boom Goes My Heart" by Alex Swings Oscar Sings

"September" by Earth, Wind & Fire

**Faster Music:**

"All You Ever Do Is Bring Me Down" by The Mavericks

Start dance 32 counts in on vocal

## Section 1 (SHUFFLE FORWARD 2X, ROCK FORWARD COASTER STEP)

- 1&2 Shuffle forward with R (R L R)
- 3&4 Shuffle forward with L (L R L)
- 5-6 Rock R forward, recover L
- 7&8 Step back R, step L beside R, step forward R

## Section 2 (STEP 1/4 RIGHT, CROSS SHUFFLE, V STEP)

- 1-2 Step L, on ball of foot, turn 1/4 to right
- 3&4 Cross shuffle (cross L over R and step on R and cross L over R - weight should be on L)
- 5-6 Step R forward at 45' right, Step L forward at 45'
- 7-8 Step back R to center, step L beside R

## Section 3 (VINE R WITH TOUCH, VINE L WITH A BRUSH)

- 1-4 Step R to the right, step L behind R, step R to the right, touch L beside R
- 5-8 Step L to the left, step R behind L, step on L, brush with the R

## Section 4 (JAZZ BOX IN PLACE, ROCKING CHAIR)

- 1-4 Cross R over L, step back on L, step R to right side, step L beside R
- 5-8 Rock forward with R, recover on L, rock back with R, recover on L

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