

Set Me Free

拍数: 32 墙数: 2 级数: Improver
编舞者: Martie Papendorf (SA) - September 2017
音乐: Set Me Free (Zouk Kizombada Remix) - Coréon Dú



NO Tags or Restarts

****Choreographed for my friend Jeanne Du Pont [Rosanne] from Reunion with much thanks for the music and request for a dance to the meaningful track.****

INTRO. DANCE:

Start 24 [3x8] counts after the single word "Yeah" at the very beginning of the track.

iS1 L MAMBO FWD. R MAMBO BACK. SIDE. TOGETHER. MAMBO LEFT

1&2 Rock L fwd, recover R back, step L next to R,
3&4 Rock R back, recover L fwd, step R next to L,
5,6 Step L to left side, step R next to L,
7&8 Rock L out to left side, recover R to right side, step L next to R [12.00]

iS2 R MAMBO FWD. L MAMBO BACK. SIDE. TOGETHER. MAMBO RIGHT TOUCH

1&2 Rock R fwd, recover L back, step R next to L,
3&4 Rock L back, recover R fwd, step L next to R,
5,6 Step R to right side, step R next to L,
7&8 Rock R out to right side, recover L to left side, touch R to L [12.00]

iS3 DIAGONAL CROSS SHUFFLE TO LEFT. TURN. DIAGONAL CROSS SHUFFLE TO RIGHT. ROCK FWD. RECOVER. SHUFFLE ½ RIGHT

1&2& Step R across L to face left diagonal, step L to left side, step R across L, turn on R to face right diagonal,
3&4 Step L across R, step R to right side, step L across R,
5,6 Rock R fwd, recover L back,
7&8 Shuffle ½ right stepping R, L, R [6.00]

iS4 DIAGONAL CROSS SHUFFLE TO RIGHT. TURN. DIAGONAL CROSS SHUFFLE TO LEFT. ROCK FWD. RECOVER. SHUFFLE ½ LEFT

1&2& Step L across R to face right diagonal, step R to right side, step L across R, turn on L to face left diagonal,
3&4 Step R across L, step L to left side, step R across L,
5,6 Rock L fwd, recover R back,
7&8 Shuffle ½ left stepping L, R, L [12.00]

MAIN DANCE: Start on main vocals just after Intro. Dance

S1 WALK FWD R, L, SAMBA FWD R, CROSS. &. CROSS. &. CROSS. &. CROSS.

1-2 Walk fwd R, L,
3&4 Rock R across L, recover L to left side, step R to right side,
5&6& Step L across R, step R to right side, step L across R, step R to right side
7&8 Step L across R, step R to right side, step L across R [12.00]

S2 ROCK RIGHT. RECOVER LEFT. BACK ¼ RIGHT. FWD. POINT R. R ANCHOR STEP. BACK. FWD. TOUCH

1,2 Rock R to right side, recover L to left side,
3&4 Turn ¼ right and rock R back, recover L fwd, point R to right side, [3.00]
5&6 Lock R behind L, step on L, step on R,

7&8 Rock L behind R, step on R, touch L to R[3.00]

S3 SYNCOPATED TURN ½ LEFT, SYNCOPATED TURN ½ RIGHT,

1&2& Step L across R 1/8 turn left, step R behind L [on ball of foot], step L fwd 1/8 turn left, step R behind L, [12.00]

3&4 Step L across R 1/8 turn left, step R behind L [on ball of foot], step L fwd 1/8 turn left, [9.00]

[Above making a ½ turn left]

5&6& Step R across L 1/8 turn right, step L behind R [on ball of foot], step R fwd 1/8 turn right, step L behind R [on toes], [12.00]

7&8 Step R across L 1/8 turn right, step L behind R [on ball of foot], step R fwd 1/8 turn right [3.00]

[Above making a ½ turn right]

NOTE: OPTIONAL ARM STYLING-

Circle L arm up when turning left

Circle R arm up when turning right

S4 MAMBO FWD. MAMBO BACK. FWD. LOCK. & PIVOT ¾ LEFT

1&2 Rock L fwd, recover R back, step L next to R,

3&4 Rock R back, recover L fwd, step R next to L,

5,6 Step L fwd, lock R behind L,

&7,8 Step L next to R, step R fwd, pivot ¾ left [weight to L][6.00]

START AGAIN

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YouTube-<http://www.youtube.com/user/LinedanceInTheStrand>
