

Release Me

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marchy Susilani (HK) - April 2019
音乐: Release Me - Engelbert Humperdinck



Start : On Vocal

Sec 1 : Rock forward, back shuffle, rock back, forward shuffle

1-2 Rock forward on R, recover on L
3&4 Step back on R, step L next to R, step back on R
5-6 Rock back on L, recover on R
7&8 Step forward on L, step R next to L, step forward on L

Sec 2 : Rock side, cross shuffle, rock side ¼ right, forward shuffle

1-2 Rock side on R, recover on L
3&4 Cross R over L, step L to the left side, cross R over L
5-6 Rock side on L turn ¼ right, recover on R
7&8 Step forward on L, step R next to L, step forward on L

Sec 3 : Rumba box shuffle

1-2 Step R to the right side, step L next to R
3&4 Step forward on R, step L next to R, step forward on R
5-6 Step L to left side, step R next to L
7&8 Step back on L, step R next to L, step back on L

Sec 4 : Rock back, turn ½ left shuffle, rock back, forward shuffle

1-2 Rock back on R, recover on L
3&4 Turn back on R ½ left, step L next to R, step back on R
5-6 Rock back on L, recover on R
7&8 Step forward on L, step R next to L, step forward on L

Have fun.
