

Set Me Free

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: John Dembiec (USA)
音乐: Free - Jon Secada

级数: Intermediate/Advanced



CROSS, REPLACE, SIDE CHA, ¼ & ½ TURN, BACK LOCK STEP

- 1-2 Step right to right, cross rock left over right
- 3-4& Replace to right, step left to left, step right next to left
- 5-6 Step left to left, making ¼ turn left step right forward
- 7-8& Making ½ turn right step left back, step right back, lock left over right

STEP, ¼ TURN, POINT, 1 ¼ TURN, ROCK STEP, SIDE MAMBO

- 1&2 Step right back, making ¼ turn left step left to left, point right to right
- 3-4 Making ¼ turn right step onto right, making ½ turn right step back on left
- 5-6& Making ½ turn right step right forward, rock left forward, replace to right
- 7-8& Step left next to right, rock right to right, replace to left

BREAK STEP, CROSS ¼ TURN, CROSS ROCK SWEEP, SAILOR

- 1-2 Step right next to left, step left to left
- 3-4& Step right back, cross left over right, making ¼ turn left step right back
- 5-6& Step left to left, cross rock right over left, replace to left
- 7-8& Sweep right behind left (weight is still on left), step onto right behind left, step left to left

STEP BEHIND, 1 ¼ UNWIND, CHA STEPS, ROCK STEP, ¼ TURN

- 1-2 Step right to right, step left behind right
 - 3-4& Unwind into spiral 1 ¼ turn left weight to the right, step left forward, step right next to left
- Optional turn for spiral - make ¼ left putting weight to right**
- 5-6 Step left forward, rock right forward
 - 7-8& Replace to left, step right back, making ¼ turn left step left next to right

REPEAT

RESTART

After the 3rd wall, do the 1st 8 counts but replace the "&" of count 8 with ¼ turn left crossing the left over right

TAG & RESTART 2

After the 1st restart, do 4 ½ walls. After the musical interlude do the 4 count tag below and restart the dance

- 1-4 Step right to right, step left next to right, step right to right, step left next to right
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