

Set Me Free

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Emma Thompson (UK)
音乐: You Keep Me Hangin' On - Reba McEntire



SIDE SHUFFLE, ROCK, SHUFFLE ¼ TURN, FULL TURN

- 1&2 Step right to right side, step left together, step right to right side
- 3-4 Rock left foot over front of right, recover with left back in place with weight on right
- 5&6 Step left to left side, step right together, step left to left side turning ¼ left
- 7-8 Make a full turn left over left shoulder moving forward

LOCK STEPS, FULL TURN TO LEFT TWICE

- 1&2 Step right forward, lock left behind right, step right forward
- 3&4 Step left forward, lock right behind left, step left forward
- 5-6 Make a full turn over left shoulder, moving sideways left
- 7-8 Make a full turn over left shoulder, moving sideways left

KNEE POPS TURNING ¼ RIGHT, TOUCH

- 1& Turn right knee into left leaving right toe in place beside left, bring right knee back to place
- 2& Turn left knee into right leaving left toe in place beside right, bring left knee back to place
- 3& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
- 4& Turn left knee into right leaving left toe in place next to right, bring left knee back to place
- 5& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
- 6& Turn left knee into right leaving left toe in place next to right, bring left knee back to place
- 7& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
- 8 Touch left toe next to right (as you are doing these you make ¼ turn to the right)

SIDE SHUFFLE, CROSS UNWIND, SIDE SHUFFLE, CROSS UNWIND

- 1&2 Step right to right side, step left next to right, step right to right side
- 3-4 Cross left over right and unwind full turn to the right
- 5&6 Step left to left side, step right together, step left to left side
- 7-8 Cross right over left and unwind a full turn to the left

SHUFFLE, RONDE, SHUFFLE

- 1&2 Step right forward, step left together, step right forward
- 3&4 Step left forward, step right together, step left forward
- 5-6 Sweep (ronde) right into ½ turn left
- 7-8 Step right forward, step left together, step right forward

ROCK, RECOVER, SAILOR STEP, SAILOR STEP TURNING ¼, STEP, TOUCH

- 1-2 Rock left to left side, recover replacing weight onto right
- 3&4 Cross left behind right, step right to right side, step left in place
- 5&6 Cross right behind left, step left to left side, step right in place turning ¼ right
- 7-8 Step left forward, touch right next to left

REPEAT