

Set Me Free

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - July 2025
音樂: Set Me Free (feat. Miki) - Jay Connor : (Spotify/YouTube Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 32 Counts)

[S1] Split-Cross Kick-Split-Cross Kick, Split Double Jump, Lift R Fwd, Fwd

- 1 2 Split jump on both feet, Hop L back to the centre/ kick R across L foot
- 3 4 Split jump on both feet, Hop R back to the centre/ kick L across R foot
- 5 6 Split jump on both feet, Jump on both feet on the spot
- 7 8 Hop slightly back on L/ lift R foot, Recover forward on R

[S2] 1/4R Back and Drag-&-Fwd, 1/4L Side Drag-&-Cross, Side-1/4R

- 1 2 Make a ¼ turn right stepping back on L, Dragging R close to L (3:00)
- &3 Step R next to L, Step forward on L
- 4 5 Make a ¼ turn left stepping R to the side, Dragging L close to R (12:00)
- &6 Step L next to R, Cross R over L
- 7 8 Step L to the side, Make a ¼ turn twist to the right on both feet -weight ends on L foot (3:00)

[S3] Back and Drag-&-Fwd, 1/4R and Drag-&-Cross, 1/4L-1/4L

- 1 2 Step back on R, Dragging L close to R
- &3 Step L next to R, Step forward on R
- 4 5 Make a ¼ turn right stepping L to the side, Dragging R close to L (6:00)
- &6 Step R next to L, Cross L over R
- 7 8 Make a ¼ turn left stepping back on R, Make a ¼ turn left stepping L slightly to the side (12:00)

[S4] Weave 1/4L, Step Pivot 1/2L, Heel-Ball-Fwd

- 1 2 Cross R over L, Step L to the side
- 3 4 Step R behind L, Make a ¼ turn left stepping forward on L (9:00)
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (3:00)
- 7&8 Touch R heel forward, Ball step R in place, Step forward on L

[S5] Heel Switches, Touch-Unwind 1/2R-Fwd-Together, Coaster-Cross, Side

- 1&2& Touch R heel forward, Step R next to L, Touch L forward, Step L next to R
- 3 4 Touch R toes back, Make a ½ unwind turn right weight ends on R (9:00)
- &5 Step forward on L, Step R together
- 6&7 Step back on L, Step R next to L, Cross L over R
- 8 Step R to the side

[S6] Behind, Side, Box 1/4L into Full Turn Fwd

- 1 2 Step L behind R, Step R to the side
- 3 4 5 Cross L over R, Make a ¼ turn left stepping back on R (6:00), Step L to the side
- 6 7 8 Step forward on R, Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (6:00)

[S7] Dorothy L-R, Fwd Rock-Ball-Back-Back

- 1 2& Step diagonally forward on L, Lock R behind, Step diagonally forward on L
- 3 4& Step diagonally forward on L, Lock L behind, Step diagonally forward on R
- 5 6& Rock L forward on L, Replace weight on R, Ball step back on L
- 7 8 Step back on R, Step back on L

[S8] Back Rock, Roll Fwd, 2x Step-Pivot 1/2L

- 1 2 Rock back on R, Replace weight on L
- 3 4 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (12:00)
- 7 8 Step forward on R, Make a ½ turn left recover weight on L (6:00)

Tag at the end of Wall 2 – 8 Counts (12:00)

Split-Cross Kick-Split-Cross Kick, Split Double Jump, Hitch, Together

- 1 2 Split jump on both feet, Hop L back to the centre/ kick R across L foot
- 3 4 Split jump on both feet, Hop R back to the centre/ kick L across R foot
- 5 6 Split jump on both feet, Jump on both feet on the spot
- 7 8 Hop slightly back on L/ Hitch R foot, Step R next to L

Ending recommendation: The last wall starts at 12:00. Dance up to 32 counts (3:00).

Make a ¼ turn left stepping R foot to the side (12:00).

(updated: 1/July/25)
