Set Me Free

拍數: 64

級數: Intermediate

編舞者: Kate Sala (UK)

音樂: Take These Chains - Diamond Jack

FORWARD TOUCH, BACK TOUCH, BACK TOUCH, FORWARD TOUCH

- 1-2 Step forward on right. Touch left next to right
- 3-4 Step back on left. Touch right next to left
- 5-6 Step back on right. Touch left next to right
- 7-8 Step forward on left. Touch right next to left

RIGHT KICK BALL CHANGE, STEP, TOUCH, LEFT KICK BALL CHANGE, STEP TOUCH

- 1&2 Kick right forward. Step on ball of right in place. Small step forward on left
- 3-4 Step forward on right. Touch left next to right
- 5&6 Kick left forward. Step on ball of left in place. Small step forward on right
- 7-8 Step forward on left. Touch right next to left

MONTEREY TURN TWICE

- 1-2 Touch right out to right side. Turn ½ right bringing right next to left
- 3-4 Touch left out to left side. Step left next to right
- 5-6 Touch right out to right side. Turn ½ right bringing right next to left
- 7-8 Touch left out to left side. Step left next to right

SIDE ROCK, SAILOR STEP, BEHIND, SIDE, TOUCH

- 1-2 Rock right to right side. Rock left in place
- 3-4-5 Cross step right behind left. Step left to left side. Step right in place
- 6-7-8 Cross step left behind right. Step right to right side. Touch left next to right

SIDE TOUCH, SIDE TOUCH, VINE ¼ TURN, KICK

- 1-2 Step left to left side. Touch right next to left
- 3-4 Step right to right side. Touch left next to right
- 5-6 Step left to left side. Cross step right behind left
- 7-8 Step left to left side with ¼ turn left. Kick right forward

1/4 TURN TOUCH, 1/4 TURN KICK, 1/4 TURN TOUCH, KICK, STEP BACK

- 1-2 Turn ¼ right stepping forward on right. Touch left next to right
- 3-4 Turn ¼ left stepping left to left side. Kick right forward
- 5-6 Turn ¼ right stepping forward on right. Touch left next to right
- 7-8 Kick left forward. Step back on left

COASTER STEP, FORWARD ROCK, TURN ¼ LEFT, CROSS STEP, SIDE STEP

- 1-2-3 Step back on right. Step left next to right. Step forward on right
- 4-5-6 Rock forward on left. Rock back on right. Turn ¼ left stepping left to left side
- 7-8 Cross step right in front of left. Step left to left side

BACK ROCK, FORWARD STEP, PIVOT ¼ TURN, WEAVE LEFT

- 1-2-3 Rock back on right. Rock forward on left. Step forward on right
- 4-5-6 Pivot ¼ turn left. Cross step right in front of left. Step left to left side
- 7-8 Cross step right behind left. Step left to left side

REPEAT



牆數:2