

# Set Me Free

拍數: 32      牆數: 4      級數: High Intermediate  
編舞者: Shaz Walton (UK) - August 2013  
音樂: Gravity - Sara Bareilles : (iTunes)



Intro 18 counts. Just before lyrics.

**Rock, recover. Together. Forward. ½, ½ sweep. Behind, side, cross. Sweep.**

- 1-2      Rock forward on right. Recover on left.
- &3-4      Step right beside left. Step forward left. Pivot ½ turn right.
- 5      Make ½ turn right stepping back left, sweeping right from front to back.
- 6&7      Cross step right behind left. step left to left side. Cross step right over left.
- 8      Sweep left foot from back to front and across right (weight right) \*\*\*

**Sweep. Sailor ½ point. Point back. ½ sweep. Cross rock, ¼. ½. Back. Lunge.**

- 1      Sweep left from front to back.
- 2&3      Cross step left behind right making ¼ left. Make ¼ left stepping right to right side. Point left toes forward.
- 4-5      \*\* Point left toes back. Make ½ turn left dropping weight to left as you sweep right from back to front.
- 6&7      Cross rock right over left. Recover on left. Make ¼ right stepping right forward.
- 8&1      Make ½ turn right stepping back left. Step right beside left. Lunge forward onto left.

**Recover. Lunge. ¼ drag. ¼ forward. Rock, recover. ¼. Step. ½**

- 2&      Recover right. Step left beside right.
- 3-4-5      Lunge forward on right. Drag left up to right as you make ¼ left. Make ¼ left stepping left forward.
- 6&7      Cross rock right over left. Recover on left. Make ¼ right stepping right forward.
- 8&      Step forward left. Make ½ turn right.

**Side. back. Cross. Side. Touch. ¼. Rock, recover. ½. Forward.**

- 1-2&      Step left to left. Cross step right behind left. Cross step left over right.
- 3-4      Step right to right. Touch left beside right. (Optional floaty arms!)
- 5-6&      Make ¼ turn left stepping forward left. Rock forward right. Recover left.
- 7-8      Make ½ turn right stepping right forward. Step left forward.

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**Tag 1 – 4 counts- happens after walls... 1 (3 O' Clock) ...2 (6 O'clock).....5 (6 O'Clock) 7 (9 O'Clock)**

- 1-2      Rock forward right. Recover on left.
- 3-4      Rock Back on right. Recover on left. (Rocking Chair)

**Restart. Wall 4 - Dance to count 12\*\* replace count 12 with a step forward on left & begin again from the beginning facing 3 O Clock.**

**Restart. Wall 7 – Dance up to count 8. Step left foot down & add Tag 1.**

**Tag 2 - wall 9 – facing 12 O'clock**

**HOLD for 4 Counts..... do something dramatic... arms... whatever you want.... then start from the beginning facing 12 O'clock**

**SEQUENCE: 1(T1) - 2(T1) - 3 - 4(R) - 5(T1) - 6 - 7 (R&T1) 8 (Tag 2)**

**9 - 10 - 11      BIG DRAMATIC FINISH**

