

Set Me Free

Count: 48

Wand: 2

Ebene: Phrased Intermediate

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Musik: Set Me Free - Eden Alene



Sequence: AA, B, A, BB, AA, BB, Tag, AA, Ending

PART A

S1: Forward, Hold, Rock, Recover ¼ L, ¼ L Forward, ½ L Back, Sweep, Coaster with Sweep

- 1,2 Step Rf forward, hold
&3,4 Rock Lf forward, recover on Rf making ¼ turn to L, make ¼ turn to L stepping Lf forward 6:00
5,6 Make ½ turn L stepping Rf back, sweep Lf back 12:00
7&8 Step Lf back, step Rf next to Lf, step Lf forward sweeping Rf

S2: Cross, Hold, & Behind, Sweep, Behind, Side Lunge, ¼ L, ¼ L Hitch, Point R

- 1,2 Cross Rf over Lf, hold
&3,4 Step Lf to L side, step Rf behind Lf, sweep Lf back
5,6 Lf behind, lunge Rf to R side (preparing for turn)
7,8& Make ¼ turn to L recovering weight on Lf, keeping weight on Lf make ¼ turn to L hitching Rf, point Rf to R side 6:00

PART B

S1: Cross, Side Rock, Recover, Cross, Side Rock, Recover, ½ R Turning Voltas

- 1&2 Step Rf forward and across Lf, rock Lf ball to L side, recover on Rf
3&4 Step Lf forward and across Rf, rock Rf ball to R side, recover on Lf
(Note: Counts 1-4 are in the style of samba bota fogos)
5&6& Cross Rf over Lf making 1/8 to R, step Lf ball next to Rf, cross Rf over Lf making 1/8 to R, step Lf ball next to Rf
7&8 Cross Rf over Lf making 1/8 to R, step Lf ball next to Rf, make 1/8 to R stepping forward on Rf 6:00

S2: Cross, Step, Point, & Cross, Step, Point, Rock Back, Recover, Step, Rock Back, Recover, Step

- 1&2& Cross Lf over Rf, step Rf slightly forward, point Lf to L diagonal, step Lf in place
3&4 Cross Rf over Lf, step Lf slightly forward, point Rf to R diagonal
(Note: Counts 1-4 are in the style of samba carioca run)
5&6 Rock back on Rf, recover on Lf, step Rf behind Lf
7&8 Rock back on Lf, recover on Rf, step Lf behind Rf

(Note: Counts 5-8 are in the style of samba batucadas) 6:00

S3: Rock Back, Recover, Step, Rock Back, Recover, Step, ¼ Diamond

- 1&2 Rock back on the ball of Rf, recover on Lf, step Rf next to Lf
3&4 Rock back on the ball of Lf, recover on Rf, step Lf next to Rf
(Note: Counts 1-4 are in the style of samba stationary walk)
5&6& Cross Rf over Lf, step Lf to L side, make 1/8 turn R stepping back on Rf, hitch Lf 7:30
7&8 Step Lf back, make 1/8 turn R stepping Rf to R side, step Lf forward 9:00

S4: Side R, Rock Back, Recover, Side L, Rock Back, Recover, ¼ L, Hip Bumps

- 1&2 Step Rf to R side, rock back on ball of Lf behind Rf, recover on Rf
3&4 Step Lf to L side, rock back on ball of Rf behind Lf, recover on Lf
(Note: Counts 1-4 are done in the style of samba whisk)
5&6 Make ¼ turn L stepping Rf to R side, bump L hip up, bump L hip down
&7&8 Bump L hip up, bump L hip down, bump L hip up, step Lf in place taking weight 6:00

TAG: The tag occurs after the 5th repetition of Part B.

To do the tag, please change count 8 of Part B, S4 to bump L hip down keeping weight on Rf - Full L Turning Volta

1& ¼ turn to L stepping Lf forward, step Rf ball next to Lf

2& ¼ turn to L stepping Lf forward, step Rf ball next to Lf

3& ¼ turn to L stepping Lf forward, step Rf ball next to Lf

4 ¼ turn to L stepping Lf forward

ENDING: Step forward on Rf
