Release Me

Count: 72	**Wand:** 4	**Ebene:** Improver
Choreograf/in: Anita Ludlow (UK)		
Musik: Release Me - Engelbert Humperdinck		

1-2-3&4	Cross left over right, cross right over left, chasse to the left (left/right/left)
5-6-7&8	Rock back on right, rock left in place, chasse to right (right/left/right)
9-10-11&12	¼ turn left on left heel, step right in place, triple step (left/right/left)
13&14-15&16	(Weight on both feet) double hip bump right, double hip bump left
17-18-19&20	Rock back on right, rock left in place, shuffle forward on right
21-22-23&24	½ pivot turn right stepping left, then right, shuffle forward on left
25&26-27&28	Two shuffles on right & left
29-30-31-32	Step right to side & swing hips to right digging left heel to left side, step left to side & swing hips to left digging right heel to right side
33-34-35-36	Two paddle turns ½ turning left (right leg pushing left)
37-38-39-40	Rocking chair(right forward, left place, right back, left place)
41-42-43&44	Right toe, right heel, right triple
45-46-47&48	Left toe, left heel, left triple
49-50-51-52	Two rocks on the spot (right forward, left place x 2)
53&54-55-56	Chasse right (right/left/right), rock right behind left, rock left in place
57-58-59-60	Two rocks on the spot on left
61-62-63-64	Chasses left, rock left behind right, rock right in place
65-66	Step forward on toe of right foot with bent right knee, left leg in lunge position, hold with arms in front (waist height with backs of hands together)
67-68	(Weight on right) bring left toe to touch next to right with left knee turning inwards, hold with arms down by your side
69-70	Take left leg out to left side, hold with arms out to side shoulder height
71-72	Sweep left leg around front to touch next to right with knee bent across body, hold with arms at left across body and right above head (flamenco style)

REPEAT

BRIDGE

16 counts rocking chair on left ½ pivot turn to right stepping left then right, shuffle forward on left. Repeat on right
Danced twice then bridge
Danced once then bridge
Danced twice & hold last position (Oh Lay!)