

# The Release

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Lisa McCammon (USA) & Curtis Smith (USA) - February 2017

**Music:** Release Me (feat. k.d. lang) - Lyle Lovett



**#16 count intro - Counterclockwise rotation; Start weight on L**

## **SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, CROSSING TOE STRUT**

1-4 Step R to side, step L behind, step R to side, cross L

5-6 Rock R to side, recover L

7-8 Touch R toes across, drop R heel, taking weight R

**(easier option for 7-8: Cross R, HOLD)**

## **SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, CROSSING TOE STRUT**

1-4 Step L to side, step R behind, step L to side, cross R

5-6 Rock L to side, recover R

7-8 Touch L toes across, drop L heel, taking weight L \*\*\*RESTART

**(easier option for 7-8: Cross L, HOLD)**

## **BUMP RR, LL, LITTLE TURN, LITTLE TURN**

1-2 Step R to side, bumping hips to right twice

3-4 Bump hips to left twice

5-8 Step forward R, turn left 1/8; repeat, ending at [9], weight L

## **HUSTLE WALK**

1-4 Walk forward R, L, R, kick L

5-8 Walk back L, R, L, touch R home

**\*\*RESTART facing [6] after the short instrumental bridge during the 3rd repetition.**

**ENDING: the dance ends facing the front during the second set.**

**Instead of a toe strut for 7-8, just step across on count 7—ta-dah!**

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