

# The Release

拍数: 32      墙数: 4      级数: Beginner  
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音乐: 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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