

The Release

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa McCammon (USA) & Curtis Smith (USA) - February 2017
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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Contact Lisa: dancinsfun@gmail.com or www.peterlisamcc.com; Curtis: c-bsmith@sbcglobal.net