

Set You Free

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Luke Watson (AUS) - February 2020
音乐: Every Storm (Runs Out of Rain) - Gary Allan : (Album: Set You Free)



Dance starts approximately 9 Seconds into the track after 16 Beats. CW Direction.

[1-8] Cross, Step Back, Step Side, Cross, Step Side, Touch, Side Shuffle

1 2 3 4 Cross L in front of R, Step Back on R , Step L to L side, Cross R in front of L
5 6 7&8 Step L to L Side, Touch R toe behind L, Step R to R side, Step L beside R (&), Step R to R side (Side shuffle)

[9-16] Cross, ¼ Turn, Shuffle ½ Turn, Pivot ½ Turn, 1/4 Turn Side Shuffle

1 2 Cross L in front of R, Making ¼ Turn L Step back on R (9.00)
3&4 Making ½ Turn L Step fwd on L (3.00), Step R beside L (&), Step fwd on L (Shuffle)
5 6 Step fwd on R, Make ½ Turn L (3.00)
7&8 Making ¼ Turn L Step R to R side (6.00), Step L beside R (&), Step R to R Side (Side Shuffle) *

[17-24] Cross Behind, Step Side, Cross Shuffle, Step Side, Step Together Knee Pop 1/8 Turn, Lock Shuffle

1 2 Cross L Behind R, Step R to R Side
3&4 Cross L In front of R, Step R to R Side (&), Cross L in front of R **
5 6 Step R to R Side, Step L beside R while Popping R knee fwd making 1/8 Turn L (4.30)
7&8 Step fwd on R, Step L behind R side of R Ankle (&), Step fwd on R

[25-32] Rock, Recover, Cross Behind, Step Side 1/8 Turn, Step fwd 1/8 Turn, Rock Recover, Cross Behind, Step fwd 3/8 Turn, Step fwd

1 2 Step/Rock fwd onto L, Rock Back onto R
3&4 Step Back on L, Making 1/8 Turn R Step to R (&) (6.00) making 1/8 Turn R Step fwd on L (7.30)
5 6 Step/Rock fwd onto R, Rock back onto L
7&8 Step Back on R, Making 3/8 Turn L Step fwd onto L (&) (3.00), Step fwd onto R

Restart 1 On wall 4 dance up to * then restart the dance (first 16 counts of dance)

Restart 2 On Wall 10 dance up to ** you will need to add an extra & count after the cross shuffle (Cross 7, Side (&), Cross 8, Side (&) – Start the dance again crossing L in front

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Last Update – 4 March 2020 –R2