Please Release Me

拍数: 32 **墙数:** 2 **级数:** Improver

编舞者: Heru Tian (INA) & Erni Jasin (INA) - October 2021

音乐: Please Release Me - Engelbert Humperdinck

Intro music : 16 Counts - No Tag No Restart!

SEC 1 : SYNCOPATED CROSS ROCK R&L, R ROCK FWD, L RECOVER, ½ TURN R FWD SHUFFLE

12&	Cross rock RF over L (1), Recover on L (2), Step RF to side (&)
34&	Cross rock LF over R (3), Recover on RF (4), Step RF to side
5-6	Rock RF fwd (5), Recover on LF
7&8	Make ½ R Fwd Shuffle RLR (6:00)

SEC 2: L FWD, R FWD , ½ TURN L COASTER STEP, SCISSORS STEP, ¼ TURN R BACK SHUFFLE

1-2	Step LF fwd (1), Step RF fwd (2)
3&4	Make ½ turn L step LF back (3), Step RF next to LF (&), Step LF fwd (4) (12:00)
5&6	Step RF to R side (5), Step LF together (&), Cross RF over L (6)
7&8	¼ turn R Step LF back (7), Step RF next to L (&), Step LF back (8) (3:00)

SEC 3 : R ROCK BACK- L RECOVER- FULL TURN L- R SWEEP- R CROSS- L SIDE- R BACK/SWEEP- L BACK/SWEEP- R BACK/SWEEP - L BEHIND - R SIDE

1 2	Rock RF back (1), Recover on LF (2)
&3	½ Turn L Step RF back (&), ½ turn L step RF fwd sweep RF from back to front (3)
4&5	Cross RF over L (4), step LF side (&), step RF back sweep LF (5)
6 7	Step LF back sweep RF (6), step RF back sweep LF (7)
8 &	Cross LF behind R (8), step RF to side (&)

SEC 4 : L FWD/ SWEEP- R CROSS- L SIDE - R 1/8 TURN R BACK/SWEEP- L BEHIND- R 1/8 TURN R SIDE- L CROSS - R ½ FWD RUMBA BOX - L BIG STEP SIDE

12&	Step LF fwd and sweep RF from back to front (1), cross RF over L (2), step LF side (&),
34&	Make 1/8 turn R step RF back (3), sweep LF from front to back cross LF behind R (4), 1/8 turn R step RF side (&)
56& 7	Cross LF over R (5), step RF to side (6), step LF together (&) step RF fwd (7)
8	LF Big step / slide to L side (6:00)

ENJOY THE DANCE..

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