

Sweet Release

拍数: 32 墙数: 4 级数: Improver
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - February 2022
音乐: Come Turn Me On - Casey Barnes



Intro: 16 Counts, Start at approx 8 secs

SEC 1: Heel & Heel & Heel, Hook, Shuffle, Step ½ Pivot

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3-4 Touch right heel forward, hook right over left
5&6 Step right forward, step left beside right, step right forward
7-8 Step left forward, pivot ½ right transferring weight onto right (6:00)

SEC 2: Dorothy Step, Side, Weave, Cross Rock, Side Shuffle

1-2& Step left to left diagonal, lock right behind left, step left to left diagonal
3-4& Step right to right, step left behind right, step right to right
5-6 Cross rock left over right, recover weight onto right
7&8 Step left to left, step right beside left, step left to left

SEC 3: Cross, Side, Behind, ¼ Turn Step, Step, ¼ Turn, Cross Shuffle

1-2 Cross right over left, step left to left
3-4 Step right behind left bending both knees, turn ¼ left step left forward (3:00)
5-6 Step right forward, pivot ¼ left transferring weight onto left (12:00)
7&8 Cross right over left, step left beside right, cross right over left

SEC 4: Side, Touch, Side, Touch, ¼ Turn Step, ½ Turn Back, ½ Turn Shuffle

1-2 Step left to left, touch right beside left
3-4 Step right to right, touch left beside right
5-6 Turn ¼ left step left forward, turn ½ left step right back (3:00)
7&8 Turn ¼ left step left to left, step right beside left, turn ¼ left step left forward
