

Set Me Free

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: High Beginner
编舞者: Diana Bishop (AUS) - November 2022
音乐: You Keep Me Hanging On - Anastacia
或: You Keep Me Hangin On - Kim Wilde



Music slows down towards end just keep dancing through it

STEP KICK, STEP, KICK

1-4 Step R Fwd Kick L Fwd, Step L Fwd, Kick R Fwd

WALK FWD

5-8 Step R,L,R, Fwd Tap L Next To R,

STEP L, HEEL TAP R, STEP R, HEEL TAP L

1-4 Step L To L, Tap R Heel Next To L Instep, Step R To R, Tap L Heel Next To R Instep

STEP L, HIP L X 1, HIP R X 1 DOUBLE HIP L,R L,

5.6.7&8. Step L To L, As You Hip Bump L X 1 - Hip Bump To R X 1 - Double Hip L, R, L

R ROCKING CHAIR

1-4 Fwd R, Recover Back On L, Step R Back, Recover Fwd On L

½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE

5.6.7&8 Step R Fwd Turn ½ Turn L, Weight Onto L, Step R,L,R Next To L

L ROCKING CHAIR

1-4 Fwd L, Recover Back On R, Step L Back, Recover Fwd On R

½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE

5.6.7&8 Step L Fwd Turn ½ Turn R, Weight Onto R, Step L,R,L Next To R

2 X 1/8TH PADDLE L, TO MAKE A ¼ TURN

1-4 Step R Fwd 1/8th Turn L, Leaping Weight On L, To Pivot On Toes, Step R Fwd 1/8th Turn L,
Leaping Weight On L, To Pivot On Toes

JUMP FWD FEET APART, CLAP, JUMP BACK FEET TOG- CLAP

&1.2.&3.4 Jump Fwd R,L Feet Apart One Foot To R Side One To L Side Clap Hands Tog, Jump Back
R,L, Feet Tog- Or Slightly Apart Clap Hands Tog
