

Release Me

拍数: 56 墙数: 1 级数: Intermediate
编舞者: Kathy Daley
音乐: Release Me - Engelbert Humperdinck



SIDE ROCK, CROSS SHUFFLE RIGHT, LEFT SHUFFLE

- 1-2 Rock right to right side, rock back on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock to left side with left, rock back on right while making a ¼ turn right
7&8 Left shuffle forward

WALK FORWARD & BACK, STOMP

- 9-10-11&12 Walk forward right, left, right, stomp left next to right & clap walk back
13-14-15&16 Walk back left, right, left, stomp right next to left & clap

SYNCOPATED VINE, SIDE ROCK, KICKS TWICE

- 17-18&19-20 Step right to right side, step left foot behind right, step right to right side and cross left over right, step right to right side
21-22-23-24 Rock back on left, recover weight on right, kick left foot forward twice
25-26&27-28 Step left to left side, step right foot behind left, step left to left side and cross right over left, step left to left side
29-30-31-32 Rock back on right, recover weight on left, kick right foot forward twice

VINE RIGHT, SHUFFLE ¼, ROCK, COASTER STEP

- 33-34 Step right to right side, step left foot behind right
35&36 Step right to right side while making a ¼ turn left, step left behind right, step forward right
37-38 Rock forward on left, rock back on right
39&40 Step back on left, step right foot next to left, step forward on left

HEEL SWITCHES, JAZZ BOX, STEP OUT, BOOGIE HIPS

- 41&42&43-44 Heel dig forward right, step quickly on right and heel dig forward left, step quickly on left and heel dig right hold & clap twice
45&46&47-48 Step quickly on right and heel dig forward left, step quickly on left and heel dig forward right, step quickly on right and heel dig forward on left hold & clap twice
49-50-51-52 Cross left foot over right, step back on right, step left to left side, step right to right side
53-54-55&56 With feet slightly apart wiggle your hips for 3 then hold and clap twice

REPEAT