

Set Me Free

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Marilyn Griffin (UK)
音乐: I'm Outta Love - Anastacia



RIGHT SHUFFLE, FULL TURN FORWARD, STEP LEFT FORWARD INTO BODY ROLL WITH HIP BUMP, BUMP HIPS LEFT RIGHT LEFT

- 1&2 Step forward on right, bring left to meet right and step forward right
3-4 Step forward on left, spinning full turn to the right on ball of left, step forward on right
5-6 Step forward (11:00 angle) on left at same time as commencing body roll (weight is forward, role down, back and up finishing with hip bump to right (weight on right)
7&8 Bump hips left right left (weight ends on left)

SIDE BEHIND CROSS & UNWIND, SIDE BEHIND CROSS & UNWIND

- 9-10&11-12 Step right to right side, step left behind right, step right to right side, cross left over right - unwind ½ turn right
13-14&15-16 Repeat steps 9 to 12

½ TURNING HEELS, RIGHT TO SIDE & HOLD, & RIGHT TO SIDE & TOUCH LEFT

- 17&18 Touch right heel forward, step right next to left (making ¼ turn left), touch left heel forward
&19&20 Step left next to right and touch right heel forward, step right next to left (making ¼ turn left), touch left heel forward
&21-22&23-24 Step left next to right and step right to right side and hold for one count, bring left to meet right, step right to right side and touch left next to right (no weight)

¼ & FULL TURN, LEFT SHUFFLE, MAMBO FORWARD & ½ SWING TURN

- 25-26 Step left ¼ turn to left, step forward on right and spin full turn on ball of right
27&28 Step forward on left, bring right to meet left and step forward on left
29&30 Rock forward on right, rock weight back onto left and step right next to left (weight down on left)
31-32 Lift left and swing out and in wide sweep (off the floor) ½ turn backwards (making actual turn on ball of right - spinning in left direction). Place left next to right (weight down on left)

REPEAT
