

# Set Me Free

拍数: 64      墙数: 4      级数:  
编舞者: Jacalee (UK)  
音乐: Can't Get You Out of My Head - Kylie Minogue



## RIGHT COASTER FORWARD, LEFT COASTER BACK & 4 HEEL BOUNCES TURNING ½ RIGHT

1&2      Step forward right, step left beside right, step back right  
3&4      Step back left, step right beside left, step forward left  
5-8      Twisting feet round to right with knees bent & hips rolling to the right 4 bounces round ½ turn right

## HEEL SWITCHES & 4 HEEL BOUNCES TURNING ½ RIGHT

9&      Touch right heel forward, step right beside left  
10&      Touch left heel forward, step left beside right  
11&      Touch right heel forward, step right beside left  
12      Touch left foot slightly forward  
13-16      Twisting feet round to right with knees bent & hips rolling to the right 4 bounces round ½ turn right

## RIGHT SAILOR STEP, LEFT BEHIND RIGHT, TOUCH RIGHT (TWICE)

17&      Step right foot behind left, step left foot to left  
18      Step right in place  
19      Step left behind right  
20      Touch right toe to right side  
21-24      Repeat steps 17-20

## PADDLE TURN (ROLLING HIPS ANTI TO THE RIGHT)

&25      Make ¼ left, point the right toe to right side  
&26      Turn ¼ left, point the right toe to right side  
&27      Turn ¼ left, point the right toe to right side  
&28      Turn ¼ left, point the right toe to right side

## SIDE BEHIND & HEEL & ¼ TURN & POINT & STEP BACK & TURN

29-30      Step right-to-right side, left behind right  
&31&32      Right next to left, left heel forward. Left toe to right foot ¼ turn right, touch right toe  
&33      Weight on right, left toe touch left  
&34      Step left next to right, touch right toe back  
35-36      Turn right putting weight on right step forward left

## RIGHT SAILOR STEP, LEFT BEHIND RIGHT TOUCH RIGHT (TWICE)

37&      Step right foot behind left, step left foot to left  
38      Step right in place  
39      Step left behind right  
40      Touch right to right side  
41-44      Repeat 37-40

## PADDLE TURN (ROLLING HIPS ANTI TO THE RIGHT)

&45      Make ¼ left, point the right toe to right side  
&46      Turn ¼ left, point the right toe to right side  
&47      Turn ¼ left, point the right toe to right side  
&48      Turn ¼ left, point the right toe to right side

**RIGHT & LEFT ROCK & CROSSES WALK HOLD TURN HOLD**

- 49&50 Rock right-to-right side, rock left in place cross right over left
- 51&52 Rock left to left side, rock right in place cross left over right
- 53-54 Walk forward right, hold
- 55-56 Turn ¼ left putting weight on left, hold

**RIGHT & LEFT ROCK & CROSSES WALK HOLD TURN HOLD**

- 57&58 Rock right-to-right side, rock left in place, cross right over left
- 59&60 Rock left to left side, rock right in place cross left over right
- 61-62 Walk forward right, hold
- 63-64 Turn ¼ left putting weight on left, hold

**REPEAT**

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