

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
