

# Set Me Free

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Pat Stott (UK)  
音乐: Take These Chains from My Heart - Lee Roy Parnell



## STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

1-2            Step right foot to right side, hold and snap fingers  
3-4            Pivot ½ turn to right stepping to side on left foot, hold and snap fingers  
5-6            Pivot ½ turn to left stepping to side on right foot, hold and snap fingers  
7&8            Kick left foot forward, step down onto ball of left foot, change weight onto right foot

## STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

9-10           Step left foot to left side, hold and snap fingers  
11-12          Pivot ½ turn to left stepping to side on right foot, hold and snap fingers  
13-14          Pivot ½ turn to right stepping to side on left foot, hold and snap fingers  
15-16          Kick right foot forward, step down onto ball of right foot, change weight onto left foot

## HEEL SWITCHES, POINT, SNAP

17&18          Touch right heel forward, close right foot next to left, touch left heel forward  
&19            Close left foot next to right, point right toe to right side  
20              Hold and snap fingers  
&21            Close right foot next to left foot, touch left heel forward  
&22            Close left foot next to right, touch right heel forward  
&23            Close right foot next to left, point left toe to left side  
24              Hold and snap fingers

## JAZZ JUMP, HEAD TURN, SHOULDER ROLL, PADDLE TURNS

&25            Take small jump back landing on left, then right foot to right side  
26              Hold and turn head to look over the left shoulder  
27              Hold head position and commence shoulder roll from front to back  
28              Hold head position as shoulder roll is completed  
29-30          Take small step forward on right foot, lift left heel and turn 1/8 to left  
31-32          Repeat steps 29-30

## RIGHT AND LEFT SHUFFLE, ROCK STEP, COASTER STEP

33&34          Shuffle forward on right, left, right  
35&36          Shuffle forward on left, right, left  
37-38          Rock forward onto right foot, rock back on left foot  
39&40          Step back on right foot, close left foot to right foot, step forward on right

## STEP, HOLD, PIVOT, HOLD, STOMP, KICK, SAILOR STEP

41-42          Step forward on left foot, hold and clap hands  
43-44          Pivot ½ turn to right (weight on left foot), hold and clap hands  
45-46          Stomp right foot next to left (no weight), kick right foot to right diagonal  
47&48          Cross right behind left, step left foot to left side, step in place on right foot

## PIVOT, CROSS X 4

49-50          Point left toe to left side, cross left foot over right foot  
51-52          Point right toe to right side, cross right foot over left foot  
53-56          Repeat steps 49-52

## **UNWIND ½ TO LEFT, ELVIS KNEES**

- 57-58 Unwind ½ turn to left changing weight to left foot, hold  
59-60 Turn right knee in towards left, hold  
61-62 Turn left knee in toward right, turn right knee in towards left  
63-64 Repeat steps 61-62

**REPEAT**

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