

# 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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