

# You Set Me Free

拍数: 56                      墙数: 4                      级数: Improver  
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音乐: You Set Me Free - Michelle Branch



## 2X TOUCHES, TRIPLE STEP (REPEAT)

1-2                      Touch right toe forward twice (bumping hips right twice)  
3&4                      Triple step on the spot: right, left, right  
5-6                      Touch left toe forward twice (bumping hips left twice)  
7&8                      Triple step on the spot: left, right, left

## JAZZ BOX, STEP PIVOTS

1-4                      Cross-step right over left, step left back, step right  $\frac{1}{4}$  turn right, step left together  
5-6                      Step right forward, pivot  $\frac{1}{2}$  turn left  
7-8                      Step right forward, pivot  $\frac{1}{4}$  turn left

## SIDE CHASSE STEPS, ROCKING CHAIR, 2X WALKS

1&                      Step right to right side, step left together  
2&                      Step right to right side, step left together  
3&                      Step right to right side, step left together  
4                      Step right to right side  
5&                      Rock left forward, recover weight back onto right  
6&                      Rock left back, recover weight forward onto right  
7&8&                      Repeat above counts (5&6&)

## FULL TURN, SIDE CHASSE, SIDE-TOUCH, OUT-OUT

1-2                      Full turn left stepping: left, right  
3&4                      Step left to left side, step right together, step left to left side  
5-6                      Step right to right side, touch left together  
7-8                      Step left forward and left, step right forward and right (out-out)

## LEANS (OR ROCK STEPS)

**Easier option: simply do rock steps**

**Hands are placed on thighs holding your weight**

1-4                      Lean body downwards as far as you can go to the right keeping upper body and back straight, only the legs are doing the work. Then lean back up to a straight normal position  
5-8                      Repeat above counts (1-4) to the left

## TOE STRUTS FORWARD (WITH HIP ROLLS)

1-2                      Step right toe forward, step onto right heel  
3-4                      Step left toe forward, step onto left heel  
5-8                      Repeat above counts (1-4)

**1-2 / 5-6: while rolling hips to the right**

**3-4 / 7-8: while rolling hips to the left**

## ROCK STEPS (WITH TURNS), WEAVE, UNWIND

1-2                      Rock forward onto right, recover weight back onto left  
&                       $\frac{1}{2}$  turn right stepping right forward  
3-4                      Rock forward onto left, recover weight back onto right  
&                       $\frac{1}{4}$  turn right stepping left forward  
5-6                      Cross-step right over left, step left to left side  
7-8                      Cross-step right behind left, unwind a full turn right

REPEAT

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