

# Set Your Spirit Free

COPPER KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Malene Jakobsen (DK) - June 2008  
音乐: Angel Eyes - Tamara Walker : (Album: Wings of a Dove, Vol. 2)



Start : 32 counts from the beginning - 21 seconds into track, just before vocals  
There is one easy restart on wall 8

## (1-8) Step, point forward, point back, ½, shuffle ½, coaster step

1-2            Step forward on R, point L toes forward  
3-4            Point L toes back, on ball of R turn ½ L – moving weight to L 06.00  
5&6            Make ¼ turn L stepping R to R side, close L beside R, make ¼ L stepping back on R 12.00  
7&8            Step back L, step R next to L, step forward on L

## (9-16) Ball, step, point forward, point back, ½, shuffle ½, coaster step

&              Step R next to L  
1-2            Step forward on L, point R toes forward  
3-4            Point R toes back, on ball of L turn ½ R – moving weight to R 06.00  
5&6            Make ¼ turn R stepping L to L side, close R beside L, make ¼ R stepping back on L 12.00  
7&8            Step back on R, step L next to R, step forward on R

## (17-24) Sways, shuffle ¼, ¼, sways, chasse

1-2            Step L slightly to L side swaying L, then R  
3&4            Turn ¼ L stepping forward on L, step R next L, step forward on L 09.00

### NOTE: Restart here on wall 8, you'll be facing the back wall

5-6            Turn ¼ L stepping R to R side swaying R, then L 06.00  
7&8            Step R to R side, step L next to R, step R to R side

## (25-32) Back rock, ¼, ½, rocking chair

1&2            Rock back on L, recover onto R, turn ¼ R stepping back on L 09.00  
3-4            Turn ½ R stepping forward on R, step forward on L 03.00  
5-6            Rock forward on R, recover onto L  
7-8            Rock back on R, recover onto L

NOTE: When making the rocking chair, sway your hips

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