

Set Me Free

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Shaz Walton (UK) - August 2013
音乐: Gravity - Sara Bareilles : (iTunes)



Intro 18 counts. Just before lyrics.

Rock, recover. Together. Forward. ½, ½ sweep. Behind, side, cross. Sweep.

- 1-2 Rock forward on right. Recover on left.
- &3-4 Step right beside left. Step forward left. Pivot ½ turn right.
- 5 Make ½ turn right stepping back left, sweeping right from front to back.
- 6&7 Cross step right behind left. step left to left side. Cross step right over left.
- 8 Sweep left foot from back to front and across right (weight right) ***

Sweep. Sailor ½ point. Point back. ½ sweep. Cross rock, ¼. ½. Back. Lunge.

- 1 Sweep left from front to back.
- 2&3 Cross step left behind right making ¼ left. Make ¼ left stepping right to right side. Point left toes forward.
- 4-5 ** Point left toes back. Make ½ turn left dropping weight to left as you sweep right from back to front.
- 6&7 Cross rock right over left. Recover on left. Make ¼ right stepping right forward.
- 8&1 Make ½ turn right stepping back left. Step right beside left. Lunge forward onto left.

Recover. Lunge. ¼ drag. ¼ forward. Rock, recover. ¼. Step. ½

- 2& Recover right. Step left beside right.
- 3-4-5 Lunge forward on right. Drag left up to right as you make ¼ left. Make ¼ left stepping left forward.
- 6&7 Cross rock right over left. Recover on left. Make ¼ right stepping right forward.
- 8& Step forward left. Make ½ turn right.

Side. back. Cross. Side. Touch. ¼. Rock, recover. ½. Forward.

- 1-2& Step left to left. Cross step right behind left. Cross step left over right.
- 3-4 Step right to right. Touch left beside right. (Optional floaty arms!)
- 5-6& Make ¼ turn left stepping forward left. Rock forward right. Recover left.
- 7-8 Make ½ turn right stepping right forward. Step left forward.

Tag 1 – 4 counts- happens after walls... 1 (3 O' Clock) ...2 (6 O'clock).....5 (6 O'Clock) 7 (9 O'Clock)

- 1-2 Rock forward right. Recover on left.
- 3-4 Rock Back on right. Recover on left. (Rocking Chair)

Restart. Wall 4 - Dance to count 12 replace count 12 with a step forward on left & begin again from the beginning facing 3 O Clock.**

Restart. Wall 7 – Dance up to count 8. Step left foot down & add Tag 1.

Tag 2 - wall 9 – facing 12 O'clock

HOLD for 4 Counts..... do something dramatic... arms... whatever you want.... then start from the beginning facing 12 O'clock

SEQUENCE: 1(T1) - 2(T1) - 3 - 4(R) - 5(T1) - 6 - 7 (R&T1) 8 (Tag 2)

9 - 10 - 11 BIG DRAMATIC FINISH

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