

# Set Me Free

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Martie Papendorf (SA) - September 2017  
音樂: Set Me Free (Zouk Kizombada Remix) - Coréon Dú



NO Tags or Restarts

**\*\*Choreographed for my friend Jeanne Du Pont [Rosanne] from Reunion with much thanks for the music and request for a dance to the meaningful track.\*\***

## INTRO. DANCE:

Start 24 [3x8] counts after the single word "Yeah" at the very beginning of the track.

### iS1 L MAMBO FWD. R MAMBO BACK. SIDE. TOGETHER. MAMBO LEFT

1&2      Rock L fwd, recover R back, step L next to R,  
3&4      Rock R back, recover L fwd, step R next to L,  
5,6      Step L to left side, step R next to L,  
7&8      Rock L out to left side, recover R to right side, step L next to R [12.00]

### iS2 R MAMBO FWD. L MAMBO BACK. SIDE. TOGETHER. MAMBO RIGHT TOUCH

1&2      Rock R fwd, recover L back, step R next to L,  
3&4      Rock L back, recover R fwd, step L next to R,  
5,6      Step R to right side, step R next to L,  
7&8      Rock R out to right side, recover L to left side, touch R to L [12.00]

### iS3 DIAGONAL CROSS SHUFFLE TO LEFT. TURN. DIAGONAL CROSS SHUFFLE TO RIGHT. ROCK FWD. RECOVER. SHUFFLE ½ RIGHT

1&2&      Step R across L to face left diagonal, step L to left side, step R across L, turn on R to face right diagonal,  
3&4      Step L across R, step R to right side, step L across R,  
5,6      Rock R fwd, recover L back,  
7&8      Shuffle ½ right stepping R, L, R [6.00]

### iS4 DIAGONAL CROSS SHUFFLE TO RIGHT. TURN. DIAGONAL CROSS SHUFFLE TO LEFT. ROCK FWD. RECOVER. SHUFFLE ½ LEFT

1&2&      Step L across R to face right diagonal, step R to right side, step L across R, turn on L to face left diagonal,  
3&4      Step R across L, step L to left side, step R across L,  
5,6      Rock L fwd, recover R back,  
7&8      Shuffle ½ left stepping L, R, L [12.00]

## MAIN DANCE: Start on main vocals just after Intro. Dance

### S1 WALK FWD R, L, SAMBA FWD R, CROSS. &. CROSS. &. CROSS. &. CROSS.

1-2      Walk fwd R, L,  
3&4      Rock R across L, recover L to left side, step R to right side,  
5&6&      Step L across R, step R to right side, step L across R, step R to right side  
7&8      Step L across R, step R to right side, step L across R [12.00]

### S2 ROCK RIGHT. RECOVER LEFT. BACK ¼ RIGHT. FWD. POINT R. R ANCHOR STEP. BACK. FWD. TOUCH

1,2      Rock R to right side, recover L to left side,  
3&4      Turn ¼ right and rock R back, recover L fwd, point R to right side, [3.00]  
5&6      Lock R behind L, step on L, step on R,

7&8 Rock L behind R, step on R, touch L to R[3.00]

**S3 SYNCOPATED TURN ½ LEFT, SYNCOPATED TURN ½ RIGHT,**

1&2& Step L across R 1/8 turn left, step R behind L [on ball of foot], step L fwd 1/8 turn left, step R behind L, [12.00]

3&4 Step L across R 1/8 turn left, step R behind L [on ball of foot], step L fwd 1/8 turn left, [9.00]

**[Above making a ½ turn left]**

5&6& Step R across L 1/8 turn right, step L behind R [on ball of foot], step R fwd 1/8 turn right, step L behind R [on toes], [12.00]

7&8 Step R across L 1/8 turn right, step L behind R [on ball of foot], step R fwd 1/8 turn right [3.00]

**[Above making a ½ turn right]**

**NOTE: OPTIONAL ARM STYLING-**

Circle L arm up when turning left

Circle R arm up when turning right

**S4 MAMBO FWD. MAMBO BACK. FWD. LOCK. & PIVOT ¾ LEFT**

1&2 Rock L fwd, recover R back, step L next to R,

3&4 Rock R back, recover L fwd, step R next to L,

5,6 Step L fwd, lock R behind L,

&7,8 Step L next to R, step R fwd, pivot ¾ left [weight to L ][6.00]

**START AGAIN**

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