

Set Yourself Free – Ready Set Whiskey COPPER KNOB

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gail A. Dawson (USA) - January 2018
音樂: Ready Set Whiskey - Rachel Lipsky



No Tags, 1 Restart (on wall 3 after 16 counts)

ROCK, RECOVER, BEHIND, TURN, STEP, MAMBO STEP, COASTER STEP

1, 2 Rock R to R, recover to L
3 & 4 Step R behind L, step L ¼ counter clockwise (9 o'clock), step R forward
5 & 6 Step L forward, step R in place, step L beside R
7 & 8 Step R back, step L beside R, step R forward

STEP, ¼ TURN, CROSSING TRIPLE, STEP, SLIDE, RUN, RUN, RUN

1, 2 Step L forward, turn ¼ clockwise (12 o'clock)
3 & 4 Cross L over R, step R to R, cross L over R
5, 6 Step R to R (big step), slide L to R
7 & 8 Step R back, step L back, step R back

* On 3rd wall, Step R back, step L back, touch R beside L – Restart here

TWIST, TWIST, HINGE, HINGE, CROSS, HIP BUMP, HIP BUMP

1, 2 Step L back turning ¼ to L (9 o'clock but head turns to 6 o'clock), body turns back to 12 o'clock
3 & 4 Step L turning ¼ (3 o'clock), step R ½ clockwise (9 o'clock), cross L over R
5 & 6 Step R toe forward with hip bump, shift weight back to L with hip bump, step R heel down
7 & 8 Step L toe forward with hip bump, shift weight back to R with hip bump, step L heel down

CROSS ROCK, SCISSOR STEP, ROCK, RECOVER, CROSSING TRIPLE

1, 2 Cross R over L, recover to L
3 & 4 Step R to R, step L beside R, cross R over L
5, 6 Rock L to L, recover to R
7 & 8 Cross L over R, step R to R, cross L over R

At the end of the 8th (final wall) you end facing 3 o'clock turn ¼ to 12 o'clock taking long R step back

Contact: Gail A. Dawson – free2bgad@gmail.com