

Set Them Free

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Sandy McDonald (USA) - September 2020
音樂: If You Love Somebody Set Them Free - Sting



NOTE: This dance goes to a variety of music

Alt. Music:

"Boogie Shoes" by KC and the Sunshine Band

"Because" by The Dave Clark Five

"Pump Up The Jam" by Swingrowers

"I Need More of You" by The Bellamy Brothers

"The City Put The Country Back In Me" by Neal McCoy

"Boom Boom Goes My Heart" by Alex Swings Oscar Sings

"September" by Earth, Wind & Fire

Faster Music:

"All You Ever Do Is Bring Me Down" by The Mavericks

Start dance 32 counts in on vocal

Section 1 (SHUFFLE FORWARD 2X, ROCK FORWARD COASTER STEP)

1&2 Shuffle forward with R (R L R)
3&4 Shuffle forward with L (L R L)
5-6 Rock R forward, recover L
7&8 Step back R, step L beside R, step forward R

Section 2 (STEP 1/4 RIGHT, CROSS SHUFFLE, V STEP)

1-2 Step L, on ball of foot, turn 1/4 to right
3&4 Cross shuffle (cross L over R and step on R and cross L over R - weight should be on L)
5-6 Step R forward at 45' right, Step L forward at 45'
7-8 Step back R to center, step L beside R

Section 3 (VINE R WITH TOUCH, VINE L WITH A BRUSH)

1-4 Step R to the right, step L behind R, step R to the right, touch L beside R
5-8 Step L to the left, step R behind L, step on L, brush with the R

Section 4 (JAZZ BOX IN PLACE, ROCKING CHAIR)

1-4 Cross R over L, step back on L, step R to right side, step L beside R
5-8 Rock forward with R, recover on L, rock back with R, recover on L

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