

# HEY HEY Set Me Free

COPPERKNOB  
BY STEPHEN T. C.

拍數: 40      牆數: 4      級數: High Improver  
編舞者: Virnita Simorangkir (OMN) - January 2021  
音樂: Stupid Cupid - Mandy Moore



**\*\*2 tags - 1 restart**

## Sec 1: Lindy step Right - Lindy Step Left

1&2      step RF to right side - Step L together - Step RF to right side  
3-4      step LF back rock - recover RF  
5&6      step LF to left side - Step R together - Step LF to left side  
7-8      step RF back rock - recover LF

## Sec 2: Kick ball forward 2x - rock forward - recover - 1/4 turn R side suffle

1&2      kick low RF - step in place - step forward LF  
3&4      kick low RF - step in place - step forward LF  
5-6      rock forward RF - recover LF  
7&8      1/4 turn R step side RF - step LF together - step side RF

## Sec 3: Cross - side - Cross - Touch R - Cross - Side - Cross - Touch L

1-2      Cross LF over RF - step RF side slightly back  
3-4      Cross LF over RF - touch R toe to side  
5-6      Cross RF over LF - step LF side slightly back  
7-8      Cross RF over LF - touch L toe to side

## Sec 4: Rock step - Rock forward L- 1/2 turn R - shuffle forward L

1-4      rock LF Forward - Recover RF - rock back LF - Recover RF  
5-6      Step forward LF - 1/2 turn R  
7&8      Step forward LF - step together RF - Step forward LF

## Sec 5: Side with hip bump R-L-R- Flick L - Side with hip bump L-R-L- Flick R- Forward Toe struts R&L

1&2      step RF side and hip bump R - hip bump L - hip bump R with flick your LF  
3&4      step LF side and hip bump L - hip bump R - hip bump L with flick your RF  
5-8      step forward R toe - drop R heel down - step forward L toe, drop L heel down

## TAG

### Step side apart RF & LF - bounce 2x - together - shimmy

1-4      RF step side - LF step side - bounce 2x both your knees  
5-6      step together RF - hold  
7-8      shimmy

Contact : [nita.simorangkir@gmail.com](mailto:nita.simorangkir@gmail.com)