

# Set Me Free

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: High Beginner  
編舞者: Diana Bishop (AUS) - November 2022  
音樂: You Keep Me Hanging On - Anastacia  
或: You Keep Me Hangin On - Kim Wilde



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Music slows down towards end just keep dancing through it

## STEP KICK, STEP, KICK

1-4      Step R Fwd Kick L Fwd, Step L Fwd, Kick R Fwd

## WALK FWD

5-8      Step R,L,R, Fwd Tap L Next To R,

## STEP L, HEEL TAP R, STEP R, HEEL TAP L

1-4      Step L To L, Tap R Heel Next To L Instep, Step R To R, Tap L Heel Next To R Instep

## STEP L, HIP L X 1, HIP R X 1 DOUBLE HIP L,R L,

5.6.7&8.      Step L To L, As You Hip Bump L X 1 - Hip Bump To R X 1 - Double Hip L, R, L

## R ROCKING CHAIR

1-4      Fwd R, Recover Back On L, Step R Back, Recover Fwd On L

## ½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE

5.6.7&8      Step R Fwd Turn ½ Turn L, Weight Onto L, Step R,L,R Next To L

## L ROCKING CHAIR

1-4      Fwd L, Recover Back On R, Step L Back, Recover Fwd On R

## ½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE

5.6.7&8      Step L Fwd Turn ½ Turn R, Weight Onto R, Step L,R,L Next To R

## 2 X 1/8TH PADDLE L, TO MAKE A ¼ TURN

1-4      Step R Fwd 1/8th Turn L, Leaping Weight On L, To Pivot On Toes, Step R Fwd 1/8th Turn L,  
Leaping Weight On L, To Pivot On Toes

## JUMP FWD FEET APART, CLAP, JUMP BACK FEET TOG- CLAP

&1.2.&3.4      Jump Fwd R,L Feet Apart One Foot To R Side One To L Side Clap Hands Tog, Jump Back  
R,L, Feet Tog- Or Slightly Apart Clap Hands Tog

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