

Release Me

拍數: 72 牆數: 4 級數: Improver
編舞者: Anita Ludlow (UK)
音樂: Release Me - Engelbert Humperdinck



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|-------------|---|
| 1-2-3&4 | Cross left over right, cross right over left, chasse to the left (left/right/left) |
| 5-6-7&8 | Rock back on right, rock left in place, chasse to right (right/left/right) |
| 9-10-11&12 | ¼ turn left on left heel, step right in place, triple step (left/right/left) |
| 13&14-15&16 | (Weight on both feet) double hip bump right, double hip bump left |
| 17-18-19&20 | Rock back on right, rock left in place, shuffle forward on right |
| 21-22-23&24 | ½ pivot turn right stepping left, then right, shuffle forward on left |
| 25&26-27&28 | Two shuffles on right & left |
| 29-30-31-32 | Step right to side & swing hips to right digging left heel to left side, step left to side & swing hips to left digging right heel to right side |
| 33-34-35-36 | Two paddle turns ½ turning left (right leg pushing left) |
| 37-38-39-40 | Rocking chair(right forward, left place, right back, left place) |
| 41-42-43&44 | Right toe, right heel, right triple |
| 45-46-47&48 | Left toe, left heel, left triple |
| 49-50-51-52 | Two rocks on the spot (right forward, left place x 2) |
| 53&54-55-56 | Chasse right (right/left/right), rock right behind left, rock left in place |
| 57-58-59-60 | Two rocks on the spot on left |
| 61-62-63-64 | Chasses left, rock left behind right, rock right in place |
| 65-66 | Step forward on toe of right foot with bent right knee, left leg in lunge position, hold with arms in front (waist height with backs of hands together) |
| 67-68 | (Weight on right) bring left toe to touch next to right with left knee turning inwards, hold with arms down by your side |
| 69-70 | Take left leg out to left side, hold with arms out to side shoulder height |
| 71-72 | Sweep left leg around front to touch next to right with knee bent across body, hold with arms at left across body and right above head (flamenco style) |

REPEAT

BRIDGE

16 counts rocking chair on left ½ pivot turn to right stepping left then right, shuffle forward on left. Repeat on right

Danced twice then bridge

Danced once then bridge

Danced twice & hold last position (Oh Lay!)