

# Release Me

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



- 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!)