

Set Me Free

拍數: 32 牆數: 2 級數: Intermediate
編舞者: The Lady In Black (UK) & Jennifer Pasley-Smith (USA)
音樂: I'm Outta Love - Anastacia



GRAPEVINE RIGHT/STEP POINT, HOLD/FULL TURN RIGHT/STEP POINT

- 1-2-3-4 Step right to right side, cross left behind right, step right to right side, touch left next to right bumping hips to right
&5-6 Step left into place, point right toe to right, hold
&7-8 Pivot full turn right on left, step right into place, point left toe to left side

TOE SWITCHES/STEP IN PLACE/STEP RIGHT FORWARD/¼ TURN LEFT WITH HEEL BUMPS/ KNEE BEND, STEP SLIDES

- &1&2 Step left into place, point right to right side, step right into place, point left to left side
&3&4 Step left into place, step right foot forward, pivot ¼ turn left bumping both heels twice
5&6 On the ball of the left foot bend left knee in towards right, step left to left side, slide right next to left (with weight)
7&8 On the ball of the left foot bend left knee in towards right, step left to left side, slide right next to left (with weight)

CROSS LEFT UNWIND ½ TURN RIGHT/SWIVELS/RIGHT KICK/STEP BACK RIGHT/ HIPS BUMPS OR BODY ROLL

- 1-2 Cross left in front of right, unwind ½ turn over right (weight ends on left)
&3&4 Swivel both heels to right raising heels slightly off the floor pushing hips up right, bring both heels back to center with weight, swivel both heels to right raising heels slightly off the floor pushing hips up right, bring both heels back to center with weight
5-6 Kick right foot forward, step right foot back (knee slightly bent)
&7&8 Push hips forward, push hips back, push hips forward, push hips back
Option: 2 count body roll up (7,8)

KICK/¼ TURN RIGHT/SQUAT/RIGHT LEG RAISE/JAZZ BOX LEFT LEG RAISE/STEP LEFT/SWIVELS

- 1-2 Kick right foot forward, step right to right side ¼ turning right
3-4 Squat with feet shoulder width apart (knees bent) and hands on thighs, straighten up raising right leg to right side
5&6 Cross right over left, step left to left side, step right in place while raising left leg to left side
7&8 Step left across in front of right, swivel both heels out, swivel both heels back to center

REPEAT