

Set Me Free

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: Take These Chains - Diamond Jack



FORWARD TOUCH, BACK TOUCH, BACK TOUCH, FORWARD TOUCH

1-2 Step forward on right. Touch left next to right
3-4 Step back on left. Touch right next to left
5-6 Step back on right. Touch left next to right
7-8 Step forward on left. Touch right next to left

RIGHT KICK BALL CHANGE, STEP, TOUCH, LEFT KICK BALL CHANGE, STEP TOUCH

1&2 Kick right forward. Step on ball of right in place. Small step forward on left
3-4 Step forward on right. Touch left next to right
5&6 Kick left forward. Step on ball of left in place. Small step forward on right
7-8 Step forward on left. Touch right next to left

MONTEREY TURN TWICE

1-2 Touch right out to right side. Turn $\frac{1}{2}$ right bringing right next to left
3-4 Touch left out to left side. Step left next to right
5-6 Touch right out to right side. Turn $\frac{1}{2}$ right bringing right next to left
7-8 Touch left out to left side. Step left next to right

SIDE ROCK, SAILOR STEP, BEHIND, SIDE, TOUCH

1-2 Rock right to right side. Rock left in place
3-4-5 Cross step right behind left. Step left to left side. Step right in place
6-7-8 Cross step left behind right. Step right to right side. Touch left next to right

SIDE TOUCH, SIDE TOUCH, VINE $\frac{1}{4}$ TURN, KICK

1-2 Step left to left side. Touch right next to left
3-4 Step right to right side. Touch left next to right
5-6 Step left to left side. Cross step right behind left
7-8 Step left to left side with $\frac{1}{4}$ turn left. Kick right forward

$\frac{1}{4}$ TURN TOUCH, $\frac{1}{4}$ TURN KICK, $\frac{1}{4}$ TURN TOUCH, KICK, STEP BACK

1-2 Turn $\frac{1}{4}$ right stepping forward on right. Touch left next to right
3-4 Turn $\frac{1}{4}$ left stepping left to left side. Kick right forward
5-6 Turn $\frac{1}{4}$ right stepping forward on right. Touch left next to right
7-8 Kick left forward. Step back on left

COASTER STEP, FORWARD ROCK, TURN $\frac{1}{4}$ LEFT, CROSS STEP, SIDE STEP

1-2-3 Step back on right. Step left next to right. Step forward on right
4-5-6 Rock forward on left. Rock back on right. Turn $\frac{1}{4}$ left stepping left to left side
7-8 Cross step right in front of left. Step left to left side

BACK ROCK, FORWARD STEP, PIVOT $\frac{1}{4}$ TURN, WEAVE LEFT

1-2-3 Rock back on right. Rock forward on left. Step forward on right
4-5-6 Pivot $\frac{1}{4}$ turn left. Cross step right in front of left. Step left to left side
7-8 Cross step right behind left. Step left to left side

REPEAT

