

Set Me Free

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: Unchain My Heart (90s Version) - Joe Cocker



KICK-BALL-CHANGE, WALK, WALK, ½ TURN SAILOR SHUFFLE, TOUCH FORWARD AND BACK

- 1&2 Kick-ball-change = kick right foot slightly forward, put right next to left as you lift left foot off ground, step slightly forward on left foot
- 3-4 Walk forward right, left
- 5&6 Make a half turn to your right as you do a sailor shuffle (step right behind left as you start turning ¼ turn to your right, step left to left side as you turn ¼ turn to your right, step right foot slightly forward)
- 7-8 Touch left toe forward as you lean back, touch left toe back as you lean forward

SHUFFLE FORWARD, KICK-OUT-OUT-IN-IN, DROP DOWN AND UP, KICK-STEP-TOE TOUCH

- 1&2 Shuffle forward - left-right-left
- 3&4 Kick right foot slightly forward, step right foot out to right side, step left foot out to left side (feet are shoulder width apart)
- &5 Step right foot in towards left, step left next to right (weight is even)
- &6 Move your knees in a backwards "C" motion, going down and then up (you will drop down slightly and then back up)
- 7&8 Kick right foot slightly forward, step back on right (right foot will point to right), touch left toe (heel off floor, knee slightly bent, toe facing forward) (weight is on right foot)

ROCK FORWARD AND BACK AND FORWARD ½ TURN, HEAD SWING, SHUFFLE FORWARD, ¼ TURN TOUCH, ½ TURN TOUCH

- 1-2 Shift weight to left foot, dropping heel, return weight to left foot lifting heel
- 3 Shift weight to left foot, dropping heel as you turn ½ turn to your right (weight is on left)
- 4 Swing your head to your left (drop your head down towards your chest as you roll the head up towards left shoulder) (weight is still on left)
- 5&6 Turn your head back to front as you shuffle forward - right, left, right
- 7 Touch left toe out to left side ¼ turn to right
- 8 Touch left toe out to left side ½ turn to right

SAILOR SHUFFLE, WEAVE, TOUCH SIDE, TOUCH SIDE, ½ TURN, FEET TOGETHER, DROP DOWN AND UP

- 1&2 Sailor shuffle - step left behind right, step right to right side, step left to left side
- 3&4 Step right behind left, step left to left side, cross right over left
- 5& Touch left toe to left side, put left foot next to right as you
- 6& Touch right foot to right side, turn ½ turn to your right as you put your feet together (½ a Monterey)
- 7&8 Move your knees in a backwards "C" motion, going down and then up (you will drop down slightly and then back up)

REPEAT