

Set Me Free

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Emma Thompson (UK)
音樂: You Keep Me Hangin' On - Reba McEntire



SIDE SHUFFLE, ROCK, SHUFFLE ¼ TURN, FULL TURN

1&2 Step right to right side, step left together, step right to right side
3-4 Rock left foot over front of right, recover with left back in place with weight on right
5&6 Step left to left side, step right together, step left to left side turning ¼ left
7-8 Make a full turn left over left shoulder moving forward

LOCK STEPS, FULL TURN TO LEFT TWICE

1&2 Step right forward, lock left behind right, step right forward
3&4 Step left forward, lock right behind left, step left forward
5-6 Make a full turn over left shoulder, moving sideways left
7-8 Make a full turn over left shoulder, moving sideways left

KNEE POPS TURNING ¼ RIGHT, TOUCH

1& Turn right knee into left leaving right toe in place beside left, bring right knee back to place
2& Turn left knee into right leaving left toe in place beside right, bring left knee back to place
3& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
4& Turn left knee into right leaving left toe in place next to right, bring left knee back to place
5& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
6& Turn left knee into right leaving left toe in place next to right, bring left knee back to place
7& Turn right knee into left leaving right toe in place next to left, bring right knee back to place
8 Touch left toe next to right (as you are doing these you make ¼ turn to the right)

SIDE SHUFFLE, CROSS UNWIND, SIDE SHUFFLE, CROSS UNWIND

1&2 Step right to right side, step left next to right, step right to right side
3-4 Cross left over right and unwind full turn to the right
5&6 Step left to left side, step right together, step left to left side
7-8 Cross right over left and unwind a full turn to the left

SHUFFLE, RONDE, SHUFFLE

1&2 Step right forward, step left together, step right forward
3&4 Step left forward, step right together, step left forward
5-6 Sweep (ronde) right into ½ turn left
7-8 Step right forward, step left together, step right forward

ROCK, RECOVER, SAILOR STEP, SAILOR STEP TURNING ¼, STEP, TOUCH

1-2 Rock left to left side, recover replacing weight onto right
3&4 Cross left behind right, step right to right side, step left in place
5&6 Cross right behind left, step left to left side, step right in place turning ¼ right
7-8 Step left forward, touch right next to left

REPEAT