

# 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