

Set Me Free

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Helen D'Aguiar (UK)
音樂: Can't Get You Out of My Head - Kylie Minogue



TOUCH OUT, IN, KICK BALL TOUCH (TWICE)

1-2 Touch right toe out to side, touch right toe next to left instep
3&4 Right kick ball touch
5-6 Touch left toe out to side, touch left toe next to right instep
7&8 Left kick ball touch

CROSS TOUCH (TWICE), HALF PIVOT LEFT WITH HOOK, LEFT SHUFFLE FORWARD

9-10 Cross right over left, point left toe to side
11-12 Cross left over right, point right toe to side
13-14 Step forward on right, pivot ½ turn left hooking left foot across right shin
15&16 Left shuffle forward

RIGHT KICK BALL STEP BACK, HOLD, STEP STEP, TOUCH BACK SIDE, CROSS SHUFFLE

17&18 Kick right foot forward, step back on right, step back on left
19&20 Hold for one count, bring right next to left and step back on left
21-22 Touch right toe back, touch right toe to right
23&24 Cross shuffle right over left

QUARTER TURN RIGHT, HOLD, BACK COASTER STEP, ROCK RECOVER, SWITCH ROCK RECOVER

25-26 Turn ¼ right stepping back on left, hold for one count
27&28 Right coaster step back
29-30 Rock out to left, recover
&31-32 Switch onto left foot and rock out to right, recover

HEEL & TOE & KICK BALL CHANGE, STEP PIVOT HALF TURN LEFT, RIGHT SHUFFLE FORWARD, LEFT ROCK & CROSS, RIGHT ROCK & CROSS

33&34& Touch right heel forward, bring right next to left and touch left toe back, bring left next to right
35&36 Right kick ball change
37-38 Step forward on right, pivot ½ turn left
39&40 Right shuffle forward
41&42 Rock out onto left, recover & cross left over right
43&44 Rock out onto right, recover & cross right over left

SIDE BEHIND, HEEL JACK AND CROSS, STOMP TWICE, APPLEJACK

45-46 Step left foot to side, cross right foot behind
&47&48 Step back on left, dig right heel forward, bring right foot back to place and cross left over right
49-50 Stomp right in place, stomp left in place
&51&52 Applejack

SIDE BEHIND, HEEL JACK AND CROSS, STOMP TWICE, APPLEJACK

53-54 Step right foot to side, cross left foot behind
&55&56 Step back on right, dig left heel forward, bring left foot back to place and cross right over left
57-58 Stomp left in place, stomp right in place
&59&60 Applejack

MAMBO MONTEREY TURN

61&62
63&64

Rock out onto right, recover, make $\frac{1}{2}$ turn right stepping right foot next to left
Rock out onto left, recover, step left foot next to right

REPEAT
