

# Set Me Free

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Pat Stott (UK)  
音樂: Take These Chains from My Heart - Lee Roy Parnell



## STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

- 1-2      Step right foot to right side, hold and snap fingers
- 3-4      Pivot ½ turn to right stepping to side on left foot, hold and snap fingers
- 5-6      Pivot ½ turn to left stepping to side on right foot, hold and snap fingers
- 7&8      Kick left foot forward, step down onto ball of left foot, change weight onto right foot

## STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

- 9-10      Step left foot to left side, hold and snap fingers
- 11-12      Pivot ½ turn to left stepping to side on right foot, hold and snap fingers
- 13-14      Pivot ½ turn to right stepping to side on left foot, hold and snap fingers
- 15-16      Kick right foot forward, step down onto ball of right foot, change weight onto left foot

## HEEL SWITCHES, POINT, SNAP

- 17&18      Touch right heel forward, close right foot next to left, touch left heel forward
- &19      Close left foot next to right, point right toe to right side
- 20      Hold and snap fingers
- &21      Close right foot next to left foot, touch left heel forward
- &22      Close left foot next to right, touch right heel forward
- &23      Close right foot next to left, point left toe to left side
- 24      Hold and snap fingers

## JAZZ JUMP, HEAD TURN, SHOULDER ROLL, PADDLE TURNS

- &25      Take small jump back landing on left, then right foot to right side
- 26      Hold and turn head to look over the left shoulder
- 27      Hold head position and commence shoulder roll from front to back
- 28      Hold head position as shoulder roll is completed
- 29-30      Take small step forward on right foot, lift left heel and turn 1/8 to left
- 31-32      Repeat steps 29-30

## RIGHT AND LEFT SHUFFLE, ROCK STEP, COASTER STEP

- 33&34      Shuffle forward on right, left, right
- 35&36      Shuffle forward on left, right, left
- 37-38      Rock forward onto right foot, rock back on left foot
- 39&40      Step back on right foot, close left foot to right foot, step forward on right

## STEP, HOLD, PIVOT, HOLD, STOMP, KICK, SAILOR STEP

- 41-42      Step forward on left foot, hold and clap hands
- 43-44      Pivot ½ turn to right (weight on left foot), hold and clap hands
- 45-46      Stomp right foot next to left (no weight), kick right foot to right diagonal
- 47&48      Cross right behind left, step left foot to left side, step in place on right foot

## PIVOT, CROSS X 4

- 49-50      Point left toe to left side, cross left foot over right foot
- 51-52      Point right toe to right side, cross right foot over left foot
- 53-56      Repeat steps 49-52

## **UNWIND ½ TO LEFT, ELVIS KNEES**

- 57-58 Unwind ½ turn to left changing weight to left foot, hold  
59-60 Turn right knee in towards left, hold  
61-62 Turn left knee in toward right, turn right knee in towards left  
63-64 Repeat steps 61-62

**REPEAT**

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