

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
