

You Set Me Free

拍數: 56 牆數: 4 級數: Improver
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音樂: You Set Me Free - Michelle Branch



2X TOUCHES, TRIPLE STEP (REPEAT)

1-2 Touch right toe forward twice (bumping hips right twice)
3&4 Triple step on the spot: right, left, right
5-6 Touch left toe forward twice (bumping hips left twice)
7&8 Triple step on the spot: left, right, left

JAZZ BOX, STEP PIVOTS

1-4 Cross-step right over left, step left back, step right $\frac{1}{4}$ turn right, step left together
5-6 Step right forward, pivot $\frac{1}{2}$ turn left
7-8 Step right forward, pivot $\frac{1}{4}$ turn left

SIDE CHASSE STEPS, ROCKING CHAIR, 2X WALKS

1& Step right to right side, step left together
2& Step right to right side, step left together
3& Step right to right side, step left together
4 Step right to right side
5& Rock left forward, recover weight back onto right
6& Rock left back, recover weight forward onto right
7&8& Repeat above counts (5&6&)

FULL TURN, SIDE CHASSE, SIDE-TOUCH, OUT-OUT

1-2 Full turn left stepping: left, right
3&4 Step left to left side, step right together, step left to left side
5-6 Step right to right side, touch left together
7-8 Step left forward and left, step right forward and right (out-out)

LEANS (OR ROCK STEPS)

Easier option: simply do rock steps

Hands are placed on thighs holding your weight

1-4 Lean body downwards as far as you can go to the right keeping upper body and back straight, only the legs are doing the work. Then lean back up to a straight normal position
5-8 Repeat above counts (1-4) to the left

TOE STRUTS FORWARD (WITH HIP ROLLS)

1-2 Step right toe forward, step onto right heel
3-4 Step left toe forward, step onto left heel
5-8 Repeat above counts (1-4)

1-2 / 5-6: while rolling hips to the right

3-4 / 7-8: while rolling hips to the left

ROCK STEPS (WITH TURNS), WEAVE, UNWIND

1-2 Rock forward onto right, recover weight back onto left
& $\frac{1}{2}$ turn right stepping right forward
3-4 Rock forward onto left, recover weight back onto right
& $\frac{1}{4}$ turn right stepping left forward
5-6 Cross-step right over left, step left to left side
7-8 Cross-step right behind left, unwind a full turn right

REPEAT
