

Release

拍數: 40 牆數: 2 級數: Beginner
編舞者: Kim Thompson (UK) - August 2007
音樂: Release (feat. Justin Timberlake) - Timbaland



Intro: 32 counts.

WALK R, HOLD, WALK L, HOLD, X2

1 - 2 Walk forwards on R, Hold
3 - 4 Walk forwards on L, Hold
5 - 6 Walk forwards on R, Hold
7 - 8 Walk forwards on L, Hold

****OPTIONAL MOVE- Pull shoulders back on each step****

SLOW CHASSE R WITH L TOUCH, HITCH & POINT L X2

1 - 2 Step R to R side, Step L besides R
3 - 4 Step R to R side, Touch L besides R
5 - 6 Hitch L knee infront of R, Point L to L side
7 - 8 Hitch L knee infront of R, Point L to L side

SLOW CHASSE L WITH R TOUCH, HITCH & POINT R X2

1 - 2 Step L to L side, Step R besides L
3 - 4 Step L to L side, Touch R besides L
5 - 6 Hitch R knee infront of L, Point R to R side
7 - 8 Hitch R knee infront of L, Point R to R side

JAZZ BOX ¼ R X2

1 - 2 Cross R over L, Step back L
3 - 4 Make a ¼ stepping R to R side, Step L besides R
5 - 6 Cross R over L, Step back L
7 - 8 Make a ¼ stepping R to R side, Step L besides R

R SIDE TOGETHER,

1 - 2 Large step R to R side, Step L besides R
3&4 Kick forwards on the R, Step slightly back on R, L
5 - 6 Step forwards R, Pivot ½ over L shoulder
7 - 8 Step forwards R, Pivot ½ over L shoulder

Begin again.
