

Release Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Violet Ray (USA) - April 2008
音樂: Release Me - Wilson Phillips



FORWARD, TAP, BACK, TAP, FORWARD, TAP, BACK, TAP

- 1 - 2 Step R foot forward (angle body left), Tap L foot next to R foot
- 3 - 4 Step L back (angle body left), Tap R foot next to L foot
- 5 - 6 Step R foot forward (angle body left), Tap L foot next to R foot
- 7 - 8 Step L back (angle body left), Tap R foot next to L foot

SIDE, BEHIND, 1/4 TURN, HITCH, 1/4 TURN, BEHIND, SIDE ROCK, RECOVER, CROSS

- 1 - 2 Step R foot to right side, Cross L foot behind R foot
- 3 - 4 Turn 1/4 right stepping on R foot (3:00), Hitch L knee up
- 5 - 6 Turn 1/4 right stepping on L foot (6:00), Cross R foot behind L foot
- 7 & 8 Rock L foot out to left side, Recover weight on R foot, Cross L foot over R foot

SIDE, BEHIND, 1/4 TURN SHUFFLE FORWARD, 1/4 TURNING TRIPLE, 1/4 TURNING TRIPLE

- 1 - 2 Step R foot to right side, Cross L foot behind R foot
- 3 & 4 Turn 1/4 right stepping forward on R (9:00), Step L foot next to R, Step R foot forward
- 5 & 6 Turn 1/4 right stepping on L foot (12:00), Step R foot next to L foot, Turn 1/4 right stepping back on L foot (3:00)
- 7 & 8 Turn 1/4 right stepping on R foot (6:00), Step L foot next to R foot, Turn 1/4 right stepping forward on R foot (9:00)

ROCK, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, ROCK BACK, RECOVER

- 1 - 2 Rock forward on L foot, Recover weight on R foot
- 3 & 4 Step L foot back, Step R foot next to L foot, Step L foot back
- 5 - 6 Rock back on R foot, Recover weight on L foot
- 7 - 8 Rock back on R foot, Recover weight on L foot

BEGIN AGAIN

TAG 1: After the 1st, 2nd, & 4th repetition, there is a 16 count tag. Do the following:

- 1/ 4 PIVOT TURN (2X), JAZZ SQUARE
- 1 - 2 Step R foot forward, Pivot turn 1/4 left ending with weight on L foot (9:00)
- 3 - 4 Step R foot forward, Pivot turn 1/4 left ending with weight on L foot (6:00)
- 5 - 6 Cross R foot over L foot, Step back on L foot
- 7 - 8 Step R foot to right side, Step forward on L foot
- 9 - 16 Repeat counts 1 - 8 (you should be at the 12:00 wall when completed)

TAG 2: After the 5th repetition, there is a 4 count tag. Do the following:

- 1 - 2 Step R to right and sway hips to right, Sway hips to left
- 3 - 4 Sway hips to right, Sway hips to left

TAG 3: After the 7th repetition, there is a 20 count tag. Just dance tags 1 & 2.