

Release Me

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) - May 2009
音樂: Release Me (UK Radio Edit) - Agnes : (CD Single)



64 Count Intro. Approx 30 seconds. Track approx 3 mins 06 secs

FORWARD ROCK, FULL TURN R, BACK ROCK KICK BALL CHANGE.

1,2 Rock forward on R, recover weight to L.
3,4 Travelling back make a ½ R stepping forward on R, make a ½ turn R stepping back on L.
5,6 Rock back on R, recover weight to L.
7&8 Kick R forward, step R beside L, step forward on L. (12 o'clock).

STEP ¼ TURN L, CROSS SHUFFLE, ½ TURN R, SHUFFLE FORWARD.

1,2 Step forward on R, make a ¼ turn L.
3&4 Cross step R over L, step L to L side, cross step R over L.
5,6 Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side.
7&8 Step forward on L, close R beside L, step forward on L. (3 o'clock).

**** Restarts here during walls 2 and 5.**

STEP ¼ TURN L, CROSS SIDE, BEHIND SIDE CROSS, SIDE ROCK.

1,2 Step forward on R, make a ¼ turn L.
3,4 Cross step R over L, step L to L side.
5&6 Cross step R behind L, step L to L side, cross step R over L.
7,8 Rock L out to L side, recover weight to R. (12 o'clock).

BEHIND SIDE CROSS, POINT ½ MONTEREY TURN R, POINT CROSS, BACK SIDE CROSS.

1&2 Cross step L behind R, step R to R side, cross step L over R.
3,4 Point R to R side, make a ½ Monterey turn R stepping R beside L.
5,6 Point L to L side, cross step L over R.
7&8 Step back on R, step L to L side, cross step R over L. (6 o'clock).

CHASSE L, BACK ROCK, KICK BALL CROSS, STOMP, HOLD.

1&2 Step L to L side, close R beside L, step L to L side.
3,4 Cross rock R behind L, recover weight to L.
5&6 Kick R to R diagonal, close R beside L, cross step L over R.
7,8 Stomp R to R side, HOLD count 8. (6 o'clock).

SAILOR ¼ TURN L, WALK R, WALK L, SAILOR ½ TURN R WITH CROSS, SIDE ROCK.

1&2 Making a ¼ sailor turn L cross step L behind R, step R to R side, step forward on L.
3,4 Walk forward R, walk forward L.
5&6 Making a ½ sailor turn R cross step R behind L, step L to L side, cross step R over L.
7,8 Rock L out to L side, recover weight to R. (9 o'clock).

KICK BALL CROSS, SIDE, KICK BALL CROSS, SIDE, TOUCH BALL CROSS.

1&2 Kick L to L diagonal, close L beside R, cross step R over L.
3 Step L to L side.
4&5 Kick R to R diagonal, close R beside L, cross step L over R.
6 Step R to R side.
7&8 Touch L beside R, step L to L side, cross step R over L. (9 o'clock).

BACK SIDE, LOCK STEP FORWARD, STEP ½ TURN L, KICK BALL CHANGE.

1,2 Step back on L, step R to R side.

3&4 Step forward on L, cross lock R behind L, step forward on L.
5,6 Step forward on R, make a ½ turn L.
7&8 Kick R forward, step R beside L, step forward on L. (3 o'clock).

****Restart 1 during wall 2 – dance up to count 16 then begin again facing 6 o'clock wall.**

****Restart 2 during wall 5 – dance up to count 16 then begin again facing 3 o'clock wall.**

deemusk@btinternet.com Dee – 07814 295470
