

'Release Me'

Choreographer Dee Musk (UK) May 2009

64 Count 4 Wall Intermediate Dance with - **2 Restarts**

Music:- 'Release Me (UK Radio Edit) CD Single' by Agnes **downloadable from Itunes.**

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

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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 1/2 R stepping forward on R, make a 1/2 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 1/4 TURN L, CROSS SHUFFLE, 1/2 TURN R, SHUFFLE FORWARD.

- 1,2 Step forward on R, make a 1/4 turn L.
3&4 Cross step R over L, step L to L side, cross step R over L.
5,6 Make a 1/4 turn R stepping back on L, make a 1/4 turn R stepping R to R side.
7&8 Step forward on L, close R beside L, step forward on L.
**** Restarts here during walls 2 and 5. (3 o'clock).**

STEP 1/4 TURN L, CROSS SIDE, BEHIND SIDE CROSS, SIDE ROCK.

- 1,2 Step forward on R, make a 1/4 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 1/2 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 1/2 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 1/4 TURN L, WALK R, WALK L, SAILOR 1/2 TURN R WITH CROSS, SIDE ROCK.

- 1&2 Making a 1/4 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 1/2 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 1/2 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 1/2 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.**