

Release Me

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK) May 2009

Music: 'Release Me (UK Radio Edit) CD Single' by Agnes

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 $\frac{1}{2}$ R stepping forward on R, make a $\frac{1}{2}$ 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 $\frac{1}{4}$ TURN L, CROSS SHUFFLE, $\frac{1}{2}$ TURN R, SHUFFLE FORWARD.

- 1,2** Step forward on R, make a $\frac{1}{4}$ turn L.
- 3&4** Cross step R over L, step L to L side, cross step R over L.
- 5,6** Make a $\frac{1}{4}$ turn R stepping back on L, make a $\frac{1}{4}$ 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 $\frac{1}{4}$ TURN L, CROSS SIDE, BEHIND SIDE CROSS, SIDE ROCK.

- 1,2** Step forward on R, make a $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 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.**

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