

# Set Your Spirit Free

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Malene Jakobsen , (June 2008)

**Music:** Angel eyes by Tamara Walker from the album Wings of a Dove, Vol. 2 - (96 BPM)

**Start : 32 counts from the beginning - 21 seconds into track, just before vocals**

**There is one easy restart on wall 8**

**(1-8) Step, point forward, point back, ½, shuffle ½, coaster step**

- 1-2**      Step forward on R, point L toes forward
- 3-4**      Point L toes back, on ball of R turn ½ L - moving weight to L 06.00
- 5&6**      Make ¼ turn L stepping R to R side, close L beside R, make ¼ L stepping back on R 12.00
- 7&8**      Step back L, step R next to L, step forward on L

**(9-16) Ball, step, point forward, point back, ½, shuffle ½, coaster step**

- &**      Step R next to L
- 1-2**      Step forward on L, point R toes forward
- 3-4**      Point R toes back, on ball of L turn ½ R - moving weight to R 06.00
- 5&6**      Make ¼ turn R stepping L to L side, close R beside L, make ¼ R stepping back on L 12.00
- 7&8**      Step back on R, step L next to R, step forward on R

**(17-24) Sways, shuffle ¼, ¼, sways, chasse**

- 1-2**      Step L slightly to L side swaying L, then R
- 3&4**      Turn ¼ L stepping forward on L, step R next L, step forward on L 09.00

**NOTE: Restart here on wall 8, you'll be facing the back wall**

- 5-6**      Turn ¼ L stepping R to R side swaying R, then L 06.00
- 7&8**      Step R to R side, step L next to R, step R to R side

**(25-32) Back rock, ¼, ½, rocking chair**

- 1&2**      Rock back on L, recover onto R, turn ¼ R stepping back on L 09.00
- 3-4**      Turn ½ R stepping forward on R, step forward on L 03.00
- 5-6**      Rock forward on R, recover onto L

**7-8** Rock back on R, recover onto L

**NOTE: When making the rocking chair, sway your hips**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=75652](https://www.linedance.com/index.php?f=dance_view&id=75652)