

SET ME FREE

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate

Choreographer: Pat Stott

Music: Take These Chains From My Heart by Lee Roy Parnell

STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

- 1-2** Step right foot to right side, hold and snap fingers
- 3-4** Pivot ½ turn to right stepping to side on left foot, hold and snap fingers
- 5-6** Pivot ½ turn to left stepping to side on right foot, hold and snap fingers
- 7&8** Kick left foot forward, step down onto ball of left foot, change weight onto right foot

STEP, HOLD, PIVOT, HOLD, PIVOT, HOLD, KICK BALL CHANGE

- 9-10** Step left foot to left side, hold and snap fingers
- 11-12** Pivot ½ turn to left stepping to side on right foot, hold and snap fingers
- 13-14** Pivot ½ turn to right stepping to side on left foot, hold and snap fingers
- 15-16** Kick right foot forward, step down onto ball of right foot, change weight onto left foot

HEEL SWITCHES, POINT, SNAP

- 17&18** Touch right heel forward, close right foot next to left, touch left heel forward
- &19** Close left foot next to right, point right toe to right side
- 20** Hold and snap fingers
- &21** Close right foot next to left foot, touch left heel forward
- &22** Close left foot next to right, touch right heel forward
- &23** Close right foot next to left, point left toe to left side
- 24** Hold and snap fingers

JAZZ JUMP, HEAD TURN, SHOULDER ROLL, PADDLE TURNS

- &25** Take small jump back landing on left, then right foot to right side
- 26** Hold and turn head to look over the left shoulder
- 27** Hold head position and commence shoulder roll from front to back
- 28** Hold head position as shoulder roll is completed
- 29-30** Take small step forward on right foot, lift left heel and turn 1/8 to left

31-32 Repeat steps 29-30

RIGHT AND LEFT SHUFFLE, ROCK STEP, COASTER STEP

33&34 Shuffle forward on right, left, right

35&36 Shuffle forward on left, right, left

37-38 Rock forward onto right foot, rock back on left foot

39&40 Step back on right foot, close left foot to right foot, step forward on right

STEP, HOLD, PIVOT, HOLD, STOMP, KICK, SAILOR STEP

41-42 Step forward on left foot, hold and clap hands

43-44 Pivot $\frac{1}{2}$ turn to right (weight on left foot), hold and clap hands

45-46 Stomp right foot next to left (no weight), kick right foot to right diagonal

47&48 Cross right behind left, step left foot to left side, step in place on right foot

PIVOT, CROSS X 4

49-50 Point left toe to left side, cross left foot over right foot

51-52 Point right toe to right side, cross right foot over left foot

53-56 Repeat steps 49-52

UNWIND $\frac{1}{2}$ TO LEFT, ELVIS KNEES

57-58 Unwind $\frac{1}{2}$ turn to left changing weight to left foot, hold

59-60 Turn right knee in towards left, hold

61-62 Turn left knee in toward right, turn right knee in towards left

63-64 Repeat steps 61-62

REPEAT