

# RELEASE ME

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**Count:** 72                      **Wall:** 4                      **Level:** beginner/intermediate

**Choreographer:** Anita Ludlow

**Music:** Release Me by Engelbert Humperdinck

**1-2-3&4**                      Cross left over right, cross right over left, chasse to the left (left/right/left)

**5-6-7&8**                      Rock back on right, rock left in place, chasse to right (right/left/right)

**9-10-11&12<sup>1/4</sup>** turn left on left heel, step right in place, triple step (left/right/left)

**13&14-15&16(Weight on both feet)** double hip bump right, double hip bump left

**17-18-19&20** Rock back on right, rock left in place, shuffle forward on right

**21-22-23&24<sup>1/2</sup>** pivot turn right stepping left, then right, shuffle forward on left

**25&26-27&28** Two shuffles on right & left

**29-30-31-32** Step right to side & swing hips to right digging left heel to left side, step left to side & swing hips to left digging right heel to right side

**33-34-35-36** Two paddle turns  $\frac{1}{2}$  turning left (right leg pushing left)

**37-38-39-40** Rocking chair(right forward, left place, right back, left place)

**41-42-43&44** Right toe, right heel, right triple

**45-46-47&48** Left toe, left heel, left triple

**49-50-51-52** Two rocks on the spot (right forward, left place x 2)

**53&54-55-56** Chasse right (right/left/right), rock right behind left, rock left in place

**57-58-59-60** Two rocks on the spot on left

**61-62-63-64** Chasses left, rock left behind right, rock right in place

**65-66** Step forward on toe of right foot with bent right knee, left leg in lunge position, hold with arms in front (waist height with backs of hands together)

**67-68(Weight on right) bring left toe to touch next to right with left knee turning inwards, hold with arms down by your side**

**69-70** Take left leg out to left side, hold with arms out to side shoulder height

**71-72** Sweep left leg around front to touch next to right with knee bent across body, hold with arms at left across body and right above head (flamenco style)

**REPEAT**

**BRIDGE**

**16 counts rocking chair on left ½ pivot turn to right stepping left then right, shuffle forward on left. Repeat on right**

**Danced twice then bridge**

**Danced once then bridge**

**Danced twice & hold last position (Oh Lay!)**