

HEY HEY Set Me Free

LINEDANCE.COM

Count: 40 **Wall:** 4 **Level:** High Improver

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Music: - Mandy Moore

****2 tags - 1 restart**

Sec 1: Lindy step Right - Lindy Step Left

1&2step RF to right side - Step L together - Step RF to right side

3-4step LF back rock - recover RF

5&6step LF to left side - Step R together - Step LF to left side

7-8step RF back rock - recover LF

Sec 2: Kick ball forward 2x - rock forward - recover - 1/4 turn R side suffle

1&2kick low RF - step in place - step forward LF

3&4kick low RF - step in place - step forward LF

5-6rock forward RF - recover LF

7&81/4 turn R step side RF - step LF together - step side RF

Sec 3: Cross - side - Cross - Touch R - Cross - Side - Cross - Touch L

1-2 Cross LF over RF - step RF side slightly back

3-4 Cross LF over RF - touch R toe to side

5-6 Cross RF over LF - step LF side slightly back

7-8 Cross RF over LF - touch L toe to side

Sec 4: Rock step - Rock forward L- 1/2 turn R - shuffle forward L

1-4rock LF Forward - Recover RF - rock back LF - Recover RF

5-6 Step forward LF - 1/2 turn R

7&8 Step forward LF - step together RF - Step forward LF

**Sec 5: Side with hip bump R-L-R- Flick L - Side with hip bump L-R-L- Flick R- Forward
Toe struts R&L**

1&2step RF side and hip bump R - hip bump L - hip bump R with flick your LF

3&4step LF side and hip bump L - hip bump R - hip bump L with flick your RF

5-8step forward R toe - drop R heel down - step forward L toe, drop L heel down

TAG

Step side apart RF & LF - bounce 2x - together - shimmy

1-4RF step side - LF step side - bounce 2x both your knees

5-6step together RF - hold

7-8shimmy

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