

Sweet Release

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

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - February 2022

Music: - Casey Barnes

No Tag / No Restart

Start half count early. (before the first lyrics, "Sanneomeo~")

S1. CHASSE R, BACK ROCK-REC, 1/4 R SHUFFLE, BACK ROCK-REC

1&,2 Step RF side to R, Step LF next to RF, Step RF side to R

3 , 4 Rock LF back, Recover on RF

5&,6 1/8 Turn to R and step LF side to L, Step RF next to LF, 1/8 Turn to R and step LF back (3:00)

7 , 8 Rock RF back, Recover on LF

S2. FWD POINT, SIDE POINT, SAILOR STEP, (1/4 R SIDE ROCK-REC) twice

1 , 2 Point RF fwd, Point RF side to R

3&,4 Step RF behind cross LF, Step LF next to RF, Step RF side to R

5 , 6 1/8 Turn to R and rock LF side, 1/8 Turn to R and recover on RF (6:00)

7 , 8 1/8 Turn to R and rock LF side, 1/8 Turn to R and recover on RF (9:00)

S3. FWD ROCK-REC, 1/2 L SHUFFLE, FWD, KICK, BACK, KICK

1 ,2 Rock LF fwd, Recover on RF

3&,4 1/4 Turn to L and Step LF side to L, Step RF next to LF, 1/4 Turn to L and step LF fwd

5 , 6 Step RF fwd, Kick LF fwd

7 , 8 Step LF back, Kick RF fwd

S4. BACK SHUFFLE, BACK ROCK - REC, FWD ROCK- REC, 1/2 L FWD, TOUCH

1&,2 Step RF back. Step LF next to RF, Step RF back

3 , 4 Rock LF back, Recover on RF

5 , 6 Rock LF fwd, Recover on RF

7 , 8 1/2 Turn to L and step LF fwd, Touch RF next to LF

Thank you very much~!!

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