

Starts on 35 seconds on word "Release", after 8 quiet counts & 64 loud counts (72)

STEP, COASTER STEP, ½ PIVOT, ¼, ROCK & SIDE, ¼

- 1 Step left back
- 2&3 Step right back, step left next to right, step right forward
- 4-5 Pivot ½ turn to left, make ¼ turn to left stepping right to right side
- 6&7 Cross rock left behind right, recover on right, step left to left side
- 8 Make ¼ turn to right stepping right to right side

¼, SAILOR ½, STEP, ½, ½, STEP ½

- 1 Make ¼ turn to right stepping left to left side
- 2&3 Cross right behind left, make ¼ turn to right stepping left next to right
¼ turn to right stepping right forward
- 4 Step left forward
- 5-6 Make ½ turn to left stepping right back, ½ turn to left stepping forward left
- 7-8 Step right forward. Pivot ½ turn to left

TOUCH, SIT, STEP, RIGHT LOCK STEP, STEP ½ PIVOT, ¼

- 1-2 Touch right to right side & slightly forward, cross right behind left as you sit right back
(left knee popped forward)
- 3 Step left forward
- 4&5 Step right forward, lock left behind right, step right forward
- 6-7 Step left forward, pivot ½ turn to right
- 8 Make ¼ turn to right stepping left to left side

JUMP/KICK, BEHIND, SIDE, CROSS & CROSS, TOUCH, CROSS, ¼ TURN

- 1 Jump on spot on left as you kick right out to right side
Option: just kick
- 2-3 Cross right behind left, step left to left side
- 4&5 Cross right over left, step left to left side, cross right over left
- 6-7 Touch left toe to left side, cross left over right
- 8 Make ¼ turn to left stepping right back

Music download available from iTunes
