Release Me
BEGINNER
72 Count
Choreographed by: Anita Ludlow
Choreographed to: 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)
12	Qtr turn left on left heel, step right in place, triple step (left/right/left)
12	
& 16	Weight on both feel double hip bump right, double hip bump left
& 16	
& 20	Rock back on right, rock left in place, shuffle forward on right
& 20	
& 24	Half pivot turn right stepping left then right shuffle forward on left
& 24	
& 282	X shuffles on right & left
& 282	
- 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
- 32	
- 362	X paddle turns half turning left, (right leg pushing left)
- 362	
- 40	Rocking chair(right forward, left place, right back, left place)
- 40	
& 44	Right toe, right heel, right triple
& 44	
& 48	Left toe left heel left triple
& 48	
- 522	X rocks on the spot (right forward, left place x 2)
- 522	
- 56	Chasse right (right/left/right) rock right behind left, rock left in place
- 56	
- 602	X rocks on the spot on left
- 602	
- 64	Chasses left, rock left behind right, rock right in place
- 64	
65 - 66	Step forward on toe of right foot with bent right knee, left leg in lunge position. Hold one count arms in front waist height with backs of hands together
667 - 68	Weight on right, bring left toe to touch next to right with left knee turning inwards. Hold. Arms down by your side
69 - 70	Take left leg out to left side. Hold. Arms out to side shoulder height
71 - 72	Sweep left leg around front to touch next to right with knee bent across body hold. Arms - left across body right above head (flamenco style)

REPEAT

BRIDGE

/16 counts rocking chair on left half 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!)