

Set Me Free

INTERMEDIATE

48 Count 4 Walls

Choreographed by: Emma Thompson

Choreographed to: You Keep

Me Hanging On by Reba McEntire

Side Shuffle, Rock, Shuffle 1/4 Turn, Full Turn

- 1 & 2 Step right to right side, step left together, step right to right side
3 - 4 Rock left foot over front of right, recover with left back in place with weight on right
5 & 6 Step left to left side, step right together, step left to left side turning 1/4 left
7 - 8 Make a full turn left over left shoulder moving forward

Lock Steps, Full Turn To Left x 2

- 1 & 2 Step right forward, lock left behind right, step right forward
3 & 4 Step left forward, lock right behind left, step left forward
5 - 6 Make a full turn over left shoulder, moving sideways left
7 - 8 Make a full turn over left shoulder, moving sideways left

Knee Pops Turning 1/4 Right, Touch

- 1 & Turn right knee into left leaving right toe in place beside left, bring right knee back to place
2 & Turn left knee into right leaving left toe in place beside right, bring left knee back to place
3 & Turn right knee into left leaving right toe in place next to left, bring right knee back to place
4 & Turn left knee into right leaving left toe in place next to right, bring left knee back to place
5 & Turn right knee into left leaving right toe in place next to left, bring right knee back to place
6 & Turn left knee into right leaving left toe in place next to right, bring left knee back to place
7 & Turn right knee into left leaving right toe in place next to left, bring right knee back to place
8 Touch left toe next to right (as you are doing these you make 1/4 turn to the right)

Side Shuffle, Cross Unwind, Side Shuffle, Cross Unwind

- 1 & 2 Step right to right side, step left next to right, step right to right side
3 - 4 Cross left over right and unwind full turn to the right
5 & 6 Step left to left side, step right together, step left to left side
7 - 8 Cross right over left and unwind a full turn to the left

Shuffle, Ronde, Shuffle

- 1 & 2 Step right forward, step left together, step right forward
3 & 4 Step left forward, step right together, step left forward
5 - 6 Sweep (ronde) right into 1/2 turn left
7 - 8 Step right forward, step left together, step right forward

Rock, Recover, Sailor Step, Sailor Step Turning 1/4, Step, Touch

- 1 - 2 Rock left to left side, recover replacing weight onto right
3 & 4 Cross left behind right, step right to right side, step left in place
5 & 6 Cross right behind left, step left to left side, step right in place turning 1/4 right
7 - 8 Step left forward, touch right next to left