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## The Release

32 Count, 4 Wall, Beginner

Choreographer: Lisa McCammon & Curtis Smith – Feb 2017  
Choreographed to: Me\* by Lyle Lovett ft. K.D. Lang; 120 bpm

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#16 count intro - Counterclockwise rotation; Start weight on L

**S1 Side, Behind, Side, Cross, Side Rock, Recover, Crossing Toe Strut**

1-4 Step R to side, step L behind, step R to side, cross L

5-6 Rock R to side, recover L

7-8 Touch R toes across, drop R heel, taking weight R

(easier option for 7-8: Cross R, HOLD)

**S2 Side, Behind, Side, Cross, Side Rock, Recover, Crossing Toe Strut**

1-4 Step L to side, step R behind, step L to side, cross R

5-6 Rock L to side, recover R

7-8 Touch L toes across, drop L heel, taking weight L \*\*\*RESTART

(easier option for 7-8: Cross L, HOLD)

**S3 Bump Rr, LI, Little Turn, Little Turn**

1-2 Step R to side, bumping hips to right twice

3-4 Bump hips to left twice

5-8 Step forward R, turn left 1/8; repeat, ending at [9], weight L

**S4 Hustle Walk**

1-4 Walk forward R, L, R, kick L

5-8 Walk back L, R, L, touch R home

\*\*\*RESTART facing [6] after the short instrumental bridge during the 3rd repetition.

ENDING: the dance ends facing the front during the second set.

Instead of a toe strut for 7-8, just step across on count 7—ta-dah!