

Release Me



*Choreographed by Violet Ray
The Villages, FL
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DESCRIPTION: 32 Count, 4 Wall, Beginner/Intermediate Line Dance (*April 2008*)
MUSIC: "Release Me" by Wilson Phillips (Wilson Phillips CD)

FORWARD, TAP, BACK, TAP, FORWARD, TAP, BACK, TAP

- 1-2 Step R foot forward (angle body left), Tap L foot next to R foot
- 3-4 Step L back (angle body left), Tap R foot next to L foot
- 5-6 Step R foot forward (angle body left), Tap L foot next to R foot
- 7-8 Step L back (angle body left), Tap R foot next to L foot

SIDE, BEHIND, ¼ TURN, HITCH, ¼ TURN, BEHIND, SIDE ROCK, RECOVER, CROSS

- 1-2 Step R foot to right side, Cross L foot behind R foot
- 3-4 Turn ¼ right stepping on R foot (3:00), Hitch L knee up
- 5-6 Turn ¼ right stepping on L foot (6:00), Cross R foot behind L foot
- 7&8 Rock L foot out to left side, Recover weight on R foot, Cross L foot over R foot

SIDE, BEHIND, ¼ TURN SHUFFLE FORWARD, 1/2 TURNING TRIPLE, 1/2 TURNING TRIPLE

- 1-2 Step R foot to right side, Cross L foot behind R foot
- 3&4 Turn ¼ right stepping forward on R (9:00), Step L foot next to R, Step R foot forward
- 5&6 Turn ¼ right stepping on L foot (12:00), Step R foot next to L foot, Turn ¼ right stepping back on L foot (3:00)
- 7&8 Turn ¼ right stepping on R foot (6:00), Step L foot next to R foot, Turn ¼ right stepping forward on R foot (9:00)

ROCK, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, ROCK BACK, RECOVER

- 1-2 Rock forward on L foot, Recover weight on R foot
- 3&4 Step L foot back, Step R foot next to L foot, Step L foot back
- 5-6 Rock back on R foot, Recover weight on L foot
- 7-8 Rock back on R foot, Recover weight on L foot

BEGIN AGAIN

TAG 1: After the 1st, 2nd, & 4th repetition, there is a 16 count tag. Do the following:

¼ PIVOT TURN (2X), JAZZ SQUARE

- 1-2 Step R foot forward, Pivot turn ¼ left ending with weight on L foot (9:00)
- 3-4 Step R foot forward, Pivot turn ¼ left ending with weight on L foot (6:00)
- 5-6 Cross R foot over L foot, Step back on L foot
- 7-8 Step R foot to right side, Step forward on L foot

(Continued)

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TAG 1 (Continued):

9-16 Repeat counts 1 - 8 (you should be at the 12:00 wall when completed)

TAG 2: After the 5th repetition, there is a 4 count tag. Do the following:

1-2 Step R to right and sway hips to right, Sway hips to left

3-4 Sway hips to right, Sway hips to left

TAG 3: After the 7th repetition, there is a 20 count tag. Just dance tags 1 & 2.