

# SET ME FREE

WRITTEN BY; DIANA BISHOP

SONG & ARTIST; YOU KEEP ME HANGING ON by ANASTACIA or KIM WILDE

**4 WALL UPPER BEGINNERS DANCE COUNTS**

Music slows down towards end just keep dancing through it

<u>BEATS</u>	<u>STEPS</u>
--------------	--------------

1.2.3.4.

**STEP KICK, STEP, KICK**

STEP R FWD KICK L FWD, STEP L FWD, KICK R FWD

5.6.7.8.

**WALK FWD**

STEP R,L,R, FWD TAP L NEXT TO R,

1.2.3.4.

**STEP L, HEEL TAP R, STEP R, HEEL TAP L**

STEP L TO L, TAP R HEEL NEXT TO L INSTEP,

STEP R TO R, TAP L HEEL NEXT TO R INSTEP

5.6.7&8.

**STEP L, HIP L X 1, HIP R X 1 DOUBLE HIP L,R L,**

STEP L TO L, AS YOU HIP BUMP L X 1

HIP BUMP TO R X 1

DOUBLE HIP L, R, L

1.2.3.4

**R ROCKING CHAIR**

FWD R, RECOVER BACK ON L, STEP R BACK, RECOVER FWD ON L

5.6.7&8

**½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE**

STEP R FWD TURN ½ TURN L, WEIGHT ONTO L, STEP R,L,R NEXT TO L

1.2.3.4

**L ROCKING CHAIR**

FWD L, RECOVER BACK ON R, STEP L BACK, RECOVER FWD ON R

5.6.7&8

**½ TURN PIVOT, WEIGHT ON LEFT, TRIPLE STEP IN PLACE**

STEP L FWD TURN ½ TURN R, WEIGHT ONTO R, STEP L,R,L NEXT TO R

1.2.3.4

**2 X 1/8<sup>TH</sup> PADDLE L, TO MAKE A ¼ TURN**

STEP R FWD 1/8<sup>TH</sup> TURN L, LEEPING WEIGHT ON L, TO PIVOT ON TOES

STEP R FWD 1/8<sup>TH</sup> TURN L, LEEPING WEIGHT ON L, TO PIVOT ON TOES

&1.2.&3.4

**JUMP FWD FEET APART, CLAP, JUMP BACK FEET TOG- CLAP**

JUMP FWD R,L FEET APART one foot to R side one to L side CLAP HANDS TOG

JUMP BACK R,L, FEET TOG- or slightly apart CLAP HANDS TOG