



Approved by:



# Release Me

## 4 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 - 4 5 - 6 7 & 8	<b>Forward Rock, Full Turn, Back Rock, Kick Ball Change</b> Rock forward on right. Recover onto left. Travelling back, make full turn right stepping right forward, left back. Rock back on right. Recover onto left. Kick right forward. Step right beside left. Step left forward. (12:00)	Right Rock Full Turn Back Rock Kick Ball Change	On the spot Turning right On the spot
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8 Restart	<b>Step, 1/4 Turn, Cross Shuffle, 1/2 Turn, Forward Shuffle</b> Step right forward. Make 1/4 turn left (weight onto left). Cross step right over left. Step left to left side. Cross step right over left. Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right to side. Step left forward. Close right beside left. Step left forward. (3:00) <b>Wall 2 and Wall 5:</b> Restart dance again from beginning at this point.	Step Turn Cross Shuffle Half Turn Left Shuffle	Turning left Left Turning right Forward
<b>Section 3</b> 1 - 2 3 - 4 5 & 6 7 - 8	<b>Step, 1/4 Turn, Cross, Side, Behind Side Cross, Side Rock</b> Step right forward. Make 1/4 turn left (weight onto left). Cross step right over left. Step left to left side. Cross right behind left. Step left to left side. Cross step right over left. Rock left out to left side. Recover onto right. (12:00)	Step Turn Cross Side Behind Side Cross Left Rock	Turning left Left On the spot
<b>Section 4</b> 1 & 2 3 - 4 5 - 6 7 & 8	<b>Behind Side Cross, Point, 1/2 Monterey, Point, Cross, Back Side Cross</b> Cross left behind right. Step right to right side. Cross step left over right. Point right to right side. Make 1/2 turn right stepping right beside left. Point left to left side. Cross step left over right. Step right back. Step left to left side. Cross step right over left. (6:00)	Behind Side Cross Point Turn Point Cross Back Side Cross	Right Turning right Right Left
<b>Section 5</b> 1 & 2 3 - 4 5 & 6 7 - 8	<b>Chasse, Back Rock, Kick Ball Cross, Stomp, Hold</b> Step left to left side. Close right beside left. Step left to left side. Cross rock right behind left. Recover onto left. Kick right to right diagonal. Step right beside left. Cross step left over right. Stomp right to right side. Hold. (6:00)	Side Close Side Back Rock Kick Ball Cross Stomp Hold	Left On the spot Right
<b>Section 6</b> 1 & 2 3 - 4 5 & 6 7 - 8	<b>Sailor 1/4 Turn, Walk Forward x 2, Sailor 1/2 Turn, Side Rock</b> Cross left behind right. Make 1/4 turn left stepping right to side. Step left forward. Walk forward right. Walk forward left. Cross right behind left. Make 1/2 turn right stepping left to side. Cross right over left. Rock left out to left side. Recover onto right. (9:00)	Sailor Quarter Right Left Sailor Half Left Rock	Turning left Forward Turning right On the spot
<b>Section 7</b> 1 & 2 3 4 & 5 6 7 & 8	<b>Kick Ball Cross, Side, Kick Ball Cross, Side, Touch Ball Cross</b> Kick left to left diagonal. Step left beside right. Cross step right over left. Step left to left side. Kick right to right diagonal. Step right beside left. Cross step left over right. Step right to right side. Touch left beside right. Step left to left side. Cross step right over left. (9:00)	Kick Ball Cross Side Kick Ball Cross Side Touch Ball Cross	Left Right Left
<b>Section 8</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Back, Side, Forward Lock Step, Step, Pivot 1/2, Kick Ball Step</b> Step left back. Step right to right side. Step left forward. Lock right behind left. Step left forward. Step right forward. Pivot 1/2 turn left. Kick right forward. Step right beside left. Step left forward. (3:00)	Back Right Left Lock Left Step Turn Kick Ball Step	Right Forward Turning left On the spot

Choreographed by: Dee Musk (UK) May 2009

Choreographed to: 'Release Me (UK Radio Edit)' by Agnes (128 bpm) CD Single;  
 also available as download from amazon.co.uk or iTunes (64 count intro)

Restarts: There are 2 Restarts, both at the same point, during Walls 2 and 5



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)