

Set Me Free

64 count, 4 wall, intermediate level

Choreographer: Patricia E. Stott (UK) Sept 2002
Choreographed to: Take The Chains from My Heart
by Lee Roy Parnell, On the Road CD; Take These
Chains by Diamond Jack, From Time to Time

Step, hold, pivot, hold, Pivot, hold. Kick ball change

- 1 – 2 Step Right foot to right side. Hold and snap fingers
3 – 4 Pivot ½ turn to right stepping to side on left foot. Hold and snap fingers
5 – 6 Pivot ½ turn to left stepping to side on right foot. Hold and snap fingers
7 & 8 Kick left foot forward, step down onto ball of left foot. Change weight onto right foot.

Step, hold, pivot, hold, pivot, hold. Kick ball change

- 9 – 10 Step left foot to left side. Hold and snap fingers
11-12 Pivot ½ turn to left stepping to side on right foot. Hold and snap fingers
13-14 Pivot ½ turn to right stepping to side on left foot. Hold and snap fingers
15-16 Kick right foot forward, step down onto ball of right foot, Change weight onto left foot.

Heel switches, point, snap

- 17&18 Touch right heel forward, close right foot next to left. Touch left heel forward
& 19 Close left foot next to right, point right toe to right side
20 Hold and snap fingers
& 21 Close right foot next to left foot, touch left heel forward
& 22 Close left foot next to right, touch right heel forward
& 23 Close right foot next to left, point left toe to left side
24 Hold and snap fingers

Jazz jump, Head turn, shoulder roll, paddle turns

- &25 Take small jump back landing on left, then right foot to right side.
26 Hold and turn head to look over the left shoulder
27 Hold head position and commence shoulder roll from front to back
28 Hold head position as shoulder roll is completed.
29-30 Take small step forward on right foot. Lift left heel and turn 1/8 to left.
31-32 Repeat steps 29 – 30.

Right and left shuffle. Rock step, coaster step

- 33&34 Shuffle forward on right, left, right
35&36 Shuffle forward on left, right, left
37-38 Rock forward onto right foot, rock back on left foot
39&40 Step back on right foot, close left foot to right foot, step forward on right

Step, hold, pivot, hold, stomp, kick, sailor step

- 41-42 Step forward on left foot. Hold and clap hands
43-44 Pivot ½ turn to right (weight on left foot). Hold and clap hands
45-46 Stomp Right foot next to left (no weight). Kick right foot to right diagonal
47&48 Cross right behind left. Step left foot to left side. Step in place on right foot

Pivot, cross x 4

- 49-50 Point left toe to left side, cross left foot over right foot
51-52 Point right toe to right side, cross right foot over left foot
53-56 Repeat steps 49 – 52

Unwind ½ to left, Elvis knees

- 57-58 Unwind ½ turn to left changing weight to left foot. Hold
59-60 Turn right knee in towards left. Hold
61-62 Turn left knee in toward right. Turn right knee in towards left.
63-64 Repeat steps 61 – 62
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