

Set Me Free

Description: 32 Count, Beginner/Intermediate West Coast Swing Partner/Circle Dance
Choreographer: Rick & Deborah Bates

Music: Amame By: Belle Perez
Take These Chains from My Heart By: Lee Roy Parnell [136 bpm]

Position: Indian Position facing OLOD. Partners on same footwork unless noted

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Side Step Left, Tap, Side Step Right, Tap, Vine Left With ½ Turn, Touch

1-2 Step left to side, touch right back

3-4 Step right to side, touch left back

5-6 Step left to side, cross right behind left

Release right hands and raise left hands. Partners turn under upraised joined hands

7-8 Step a ¼ turn to the left on ball of left foot; pivot ¼ turn to the left on ball of left foot and touch right foot next to left

Rejoin right hands in the Reverse Indian Position facing ILOD

Side Step Right, Tap, Side Step Left, Tap, Vine Right With ¼ Turn, Scuff

9-10 Step right to side, touch left back

11-12 Step left to side, touch right back

13-14 Step right to side, cross left behind right

Release left hands and raise right hands. Lady turns under upraised joined hands

15-16 Turn ¼ right (weight to right), scuff left forward

Rejoin left hands in the right side-by-side position facing LOD

Cross, Step Back, Forward, Scuff, Diagonal Step-Side-Step, Scuff

17-18 Cross left over right and step, step right back

19-20 Step left forward, scuff right forward

21-22 Step right diagonally forward, slide/step left together

23-24 Step forward and diagonally to the right on right foot, scuff left foot next to right

Diagonal Step-Side-Step, Scuff, Double Kick, Step Back With ¼ Turn, Touch

25-26 Step left diagonally forward, slide/step right together

27-28 Step forward and diagonally to the left on left foot, scuff right foot next to right

29-30 Kick right forward twice

31-32 Step a ¼ turn to the right on right foot; touch left foot next to right

Partners now facing OLOD in the Indian Position

Repeat!