

RELEASE ME

Choreo by: Don & Linda Hichman, 2336 Pine Forest Dr., Gastonia, NC 28056-9237
Phone: 704-408-0455 Email: DonHi@carolina.rr.com Release: Feb 2010
Music: Kitty Wells Album: 20 All-Time Greatest Hits, Tract 9
Available as a download from several sources
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Two Step Phase: II + 1 [Fishtail]
Speed: 45 or as recorded
Sequence: INTRO A B A B A END Difficulty level: Easy

INTRODUCTION

1 – 4 WAIT;; APT – PNT; SCP – TCH;

1-4 [Op fcg] Wait lead in notes & 2 meas;; Apt L-, pnt R,-; Tog R to SCP,-, tch L,-;

PART A

1 – 4 2 FWD 2-STEPS;; DOUB HITCH;;

1-4 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;

5 – 8 CIRC AWAY 2-2 STEPS;; STRUT TOG 4;;

5-8 Release ptrn & start LF (W RF) circ movement fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Trng to fc ptrn & WALL fwd L,-, R,-; Fwd L,-, fwd R,-;

9 – 12 LACE OVER & BK [to BFLY];;;;

9-12 Joining lead hnds & passing bhd W fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,- end LOP both fc LOD with w to M's L; Joining trlng hnds & passing bhd W fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,- end BFLY M fc ptrn & WALL;

13 – 16 FC to FC; BK to BK; TWIRL VINE 2; [1ST & 2ND] WALK & P/U; [3RD WALK & FC];

13-16 Sd L, cl R, release trlng hnds sd & fwd L trng to bk-to-bk pos,-; Sd R, cl L, sd & fwd R trng to BFLY,-; Lead W to twirl RF sd L,-, XR IBO L,- (W sd & fwd R twirl RF under jnd lead hnds,-, sd & fwd L complete RF twirl,-); Fwd L,-, fwd R picking up W,- end CP M fc LOD;

PART B

1 – 4 2 FWD 2-STEPS;; DOUB PROG SCIS to CK;;

1-4 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Sd L, cl R, XL IFO R end SCAR pos M fc DLW,-; Trng to fc LOD sd R, cl L, XR IFO L end BJO pos M fc DLC & ck action,-;

5 – 8 FISHTAIL; WALK & FC; 2 TRNG 2-STEPS;;

5-8 XL IBO R but not tight as body commences L trn, small step sd R complete ¼ RF body trn, fwd L with shldr lead, XR bhd L; Fwd L,-, fwd R trng to fc ptrn & WALL in CP,-; Sd L, cl R, sd & bk L pivot ½ RF,-; Sd R, cl L, sd & fwd R pivot ½ RF,-;

9 – 12 FULL BOX;; START TRAVELING BOX;;

9-12 Sd L, cl R, fwd L,-; sd R, cl L, bk R,-; Sd L, cl R, fwd L,-; Blend to RSCP to RLOD fwd L,-, fwd R,-;

Release Me, page 2

13 – 16 FINISH TRAVELING BOX [to FC];; SD 2-STEP L & R to SCP;;

13-16 Blend to CP sd R, cl L, bk R,-; Blend to SCP to LOD fwd R,-, R blend to CP
M fc ptr & WALL,-; Sd L, cl R, sd L,-; Sd R, cl L, sd R blend to SCP,-;

REPEAT PART A

REPEAT PART B

REPEAT PART A end fc ptr & WALL

ENDING

1 APT & PNT;

1 Apt L,-, pnt R,-;

HEAD CUES FOR RELEASE ME

RELEASE ME

INTRO: [OP FCG] WAIT;; APT – PNT; SCP – TCH;

**2 FWD 2-STEPS;; DOUB HITCH;; CIRC AWAY 2-2 STEPS;; STRUT TOG 4;;
LACE OV & BK [BFLY];;;; FC to FC; BK to BK; TWIRL 2; WALK & P/U;**

**2 FWD 2-STEPS;; DOUB PROG SCIS [CK];; FISHTAIL; WALK & FC; 2
TRNG 2-STEPS;; FULL BOX;; TRAVELING BOX [to FC];;;; SD 2-STEP L &
R;;**

**2 FWD 2-STEPS;; DOUB HITCH;; CIRC AWAY 2-2 STEPS;; STRUT TOG 4;;
LACE OV & BK [BFLY];;;; FC to FC; BK to BK; TWIRL 2; WALK & P/U;**

**2 FWD 2-STEPS;; DOUB PROG SCIS [CK];; FISHTAIL; WALK & FC; 2
TRNG 2-STEPS;; FULL BOX;; TRAVELING BOX [to FC];;;; SD 2-STEP L &
R;;**

**2 FWD 2-STEPS;; DOUB HITCH;; CIRC AWAY 2-2 STEPS;; STRUT TOG 4;;
LACE OV & BK [BFLY];;;; FC to FC; BK to BK; TWIRL 2; WALK & FC;**

APT – PNT;