RELEASE ME

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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;

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 ptnr & start LF (W RF) circ movement fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,-;
      Trng to fc ptnr & WALL fwd L,-, R,-;  Fwd R,-, 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 trng hnds & passing bhd W fwd L, cl R, fwd L,-;
      Fwd R, cl L, fwd R,- end BFLY M fc ptnr & 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 trng 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 tm, small step sd R complete ¼
      RF body tm, fwd L with shldr lead, XR bhd L;  Fwd L,-, fwd R trng to fc ptnr &
      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,-;
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 ptnr & 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 ptnr & 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;**