

# 'Set It Off'

## Choreographer Dee Musk (UK)

32 Count 4 Wall Intermediate Dance

Music:- 'Set It Off' by Timomatic – Album – Essential R&B – The Clubmix

**16 Count Intro. Approx 07 seconds - Track approx 3 mins 18 secs BPM 124**

Track available from [iTunes.co.uk](https://www.itunes.co.uk) [deemusk@btinternet.com](mailto:deemusk@btinternet.com) Dee – 07814 295470

### **Side, Kick, Touch ¼ Turn L, Shuffle ½ Turn L, Back Rock.**

1,2 Step R to R side, cross kick L over R.

3,4 Touch L to L side, make a ¼ turn L stepping down on L.

5&6 Shuffle ½ turn L stepping R, L, R.

7,8 Rock back on L, recover weight to R.

(3 o'clock).

### **Full Turn R, Step Touch, Coaster Cross, Side Rock.**

1,2 Make a full turn R stepping back L, stepping forward R. (Easy Option walk L, R).

3,4 Step forward on L, touch R forward.

5&6 Step back on R, step L beside R, cross step R over L.

7,8 Rock L to L side, recover weight to R.

(3 o'clock).

### **Cross, Point, Sailor ½ Turn Cross R, Side Rock, Sailor ¼ Turn L.**

1,2 Cross L over R, point R to R side.

3&4 Making a sailor ½ turn R step R behind L, step L to L side, cross R over L.

5,6 Rock L to L side, recover weight to R.

7&8 Making a sailor ¼ turn L step L behind R, step R to R side, step forward on L.

(6 o'clock).

### **Step. Hold, Ball Walk Walk, Anchor Step, Touch Unwind ¾ Turn L.**

1,2 Step forward on R, hold count 2.

&3,4 Step L beside R, walk forward R, L.

5&6 Cross rock R behind L, replace weight to L, step back on R.

7,8 Touch L back, unwind a ¾ turn L.

(9 o'clock).