

Let It Out

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) - March 2017
音乐: Let It Out (feat. Snoop Dogg) - Charlie Wilson



Count In: 32 counts from start of track, dance begins on vocals. Approx 115 bpm

[1 – 8] L cross lock, R diagonally back, hold, L ball, R cross, unwind full turn L, R side, L behind, R side, L cross

- 1 2 3 Cross lock L over R (1), step R diagonally back (toward 4.30) (2), hold (drag L heel towards R) (3) 12.00
- & 4 5 6 Step ball of L to left (&), cross R over L (4), unwind full turn left transferring weight L (5), step R to right side (6) 12.00
- 7 & 8 Cross L behind R (7), step R to right side (&), cross L over R (8) 12.00

[9 – 16] R side, ¼ L side, R cross point, R side point, R sailor, L kick, L close, R side

- 1 2 3 4 Step R to right (1), make ¼ turn left stepping L to left (2), point R over L (3), point R to right (4) 9.00
- 5 & 6 Cross R behind L (5), step L next to R (&), step R to right side (body angled to 10.30) (6) 10.30
- 7 & 8 Kick L forward (7), step L next to R (&), step R to right side (8) 10.30

[17 – 24] L hitch, L close, R hitch, R close, L point-touch-point, L close, R point, R close, L point, body roll L, R close, L side

- 1 & 2 & Make 1/8 turn left as you hitch L knee (1), step L next to R (&), hitch R knee (2), step R next to L (&) 9.00
- 3 & 4 & Point L to left side (3), touch L next to R (&), point L to left side (4), step L next to R (&) 9.00
- 5 & 6 Point R to right side (5), step R next to L (&), point L to left side (6), 9.00
- 7 & 8 Transfer weight as you do a body roll left (7), step R next to L (&), step L to left side (8) 9.00

[25 – 32] ¼ turn kicking R, R side, L touch behind, L kick, L side, R touch behind, R out, R touch behind, R chasse

- 1 & 2 Make ¼ turn left kicking R to right diagonal (1), step R to right side (Adv option: kick L to left diagonal at the same time) (&), touch L behind R (2) 6.00
- 3 & 4 Kick L to left diagonal (3), step L to left side (Adv option: kick R to right diagonal at the same time) (&), touch R behind L (4) 6.00
- 5 6 Step R out to right side (Adv option: swivel L toe in toward R) (5), push off R foot and touch R behind L
- (Adv option: swivel L toe out) (6) 6.00
- 7 & 8 Step R to right side (7), step L next to R (&), step R to right side (8) 6.00

[33 – 40] L cross, R side, L behind, R side, L heel, L ball, R cross, ¼ R back L, ½ turning R shuffle

- 1 2 3 & 4 Cross L over R (1), step R to right side (2), cross L behind R (3), step R to right side (&), touch L heel to left diagonal (4) 6.00
- & 5 6 Step in place on ball of L (&), cross R over L (5), make ¼ turn right stepping back L (6), 9.00
- 7 & 8 Make ¼ turn right stepping R to right side (7), step L next to R (&), make ¼ turn right stepping forward R (8) 3.00

[41 – 48] L ball, R fwd, L rock fwd (recover with sweep), L back with R sweep, R coaster step, L walk with knee pop, R fwd with sweep

- & 1 2 Step ball of L next to R (&), take a big step forward R (leaning back slightly) (1), rock forward L (2) 3.00
- 3 4 Recover weight R as you sweep L (3), step back L as you sweep R (4) 3.00
- 5 & 6 Step back R (5), step L next to R (&), step forward R (6) 3.00

7 8 Step forward L as you pop R knee forward (7), step forward R sweeping L (8) 3.00

START AGAIN - HAPPY DANCING

Contact: www.dancewithrachel.com - dancewithrachel@gmail.com - Tel: +1 407-538-1533 - +44 7968181933
