

# Loslassen (Let Go)

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Claudia Arndt (DE) - June 2021  
音乐: Wahrheit schmerzt - Kerstin Ott



**Intro: Start dancing on lyrics „Es ist Zeit“.**

**Section 1: Rumba box: Side r, together, step forward, touch, side l, together, back, touch**

1-2            Step R to ride side, step L next to R  
3-4            Step R forward, touch L beside R  
5-6            Step L to left side, step R next to L  
7-8            Step L back, touch R beside L

**(Restart: In wall 8; 12:00) - here start over from the beginning**

**Section 2: Grapevine with touch, grapevine with ¼ turn l, hold**

1-2            Step R to right side, cross L behind R  
3-4            Step R to right side, touch L beside R  
5-6            Step L to left side, cross R behind LF  
7-8            Turn ¼ left and step L forward, hold (9:00)

**Section 3: Step, pivot ½, turn ¼ left, hold, slow coaster step, touch**

1-2            Step R forward, turn ½ left on both balls (weight on L, 3:00)  
3-4            Turn ¼ left and step R to right side, hold (12:00)  
5-6            Step L back, step R beside L  
7-8            Step L forward, touch R beside L

**(Restart: In wall 6; 6:00) - here start over from the beginning**

**Section 4: Steps diagonally forward + back (r, l, r, l) with touches**

1-2            Step R diagonally forward, touch L beside R  
3-4            Step L diagonally back, touch R beside L  
5-6            Step R diagonally back, touch L beside R  
7-8            Step L diagonally forward, touch R beside L

**Section 5: Step lock step forward, brush, r + l**

1-4            Step R forward, cross L behind R, step R forward, brush L forward  
5-8            Step L forward, cross R behind L, step L forward, brush R forward

**Section 6: Step, pivot ½ l, step, hold, ½ turn r, step forward, hold**

1-2            Step R forward, turn ½ left on both balls (weight on L, 6:00)  
3-4            Step R forward, hold  
5-6            Turn ½ right and step L back, turn ½ right and step R forward  
7-8            Step L forward, hold

**Section 7: Rocking chair, step, pivot ½ l, step, pivot ½ l, hold**

1-2            Step R forward, weight back on L  
3-4            Step R back, weight back on L  
5-6            Step R forward, turn ½ left on both balls, weight back on L (12:00)  
7-8            Step R forward, turn ½ left on both balls, weight stays on R (6:00)

**Section 8: Slow coaster step, hold, rock forward, touch hold**

1-2            Step L back, step R beside L, step L forward  
3-4            Step L forward, hold  
5-6            Step R forward, weight back on L

7-8 Touch R beside L, hold

**Start dance from the beginning.**

**Tag: At the end of the 3rd wall (6:00)**

**Rumba Box: Side r, together, step forward, touch, side l, together, back, touch**

1-8 Repeat section 1

**Have fun dancing!**

**E-Mail: [claudia.arndt69@web.de](mailto:claudia.arndt69@web.de)**

**Last Update - 26 June 2021**

---