Let It All Go

拍数: 32   **墙数:** 2   **级数:** Intermediate

编舞者: Mark Smith (UK) & Lorraine Forth

音乐: Romeo - Basement Jaxx

JAZZ JUMPS, HIP SWAYS, SHUFFLE, PIVOT HALF TURN

&1	Jazz jumps out left, right
2-3-4	Hip sways left, right, left
5&6	Make quarter turn right, into right shuffle forward
7-8	Step forward left, pivot half turn right

FULL TURN, SIDE MAMBOS, KICK BALL CHANGE

1-2	Full turn right stepping left, right
3&4	Left side mambo rock
5&6	Right side mambo rock
7&8	Right kick ball change

JUMP BACK, TOE POINT, HIP BUMPS, LEG SWING, KICK AND CROSS

&1	Jump back on right foot taking left toe forward to floor raising left heel
2-3-4	Hold for one count, two left hip bumps forward with attitude
5&6	Left foot swing inwards towards right knee, out to left side and in place
7-8	Kick left foot forward cross left over right

LOCK STEP BACK, CROSS UNWIND HALF, PIVOT HALF RIGHT, QUARTER RIGHT DRAG

1&2	Right lock step back
3-4	Touch left toe behind right unwind half turn to the left
5-6	Step forward right pivot half turn to left
7-8	Step right foot quarter turn to left sliding left to meet right (no weight)

REPEAT

TAG
Only to be danced once after first wall
SIDE ROCKS, PIVOT HALF RIGHT, FULL TURN LEFT

1-2	Rock right to right side, replace weight to left
&3-4	Step right to left, rock left to left side, replace weight to right
&5-6	Step left to right, step forward on right, pivot half turn left
7-8	Full turn left, stepping right left

SIDE ROCKS, CROSS FULL UNWIND, SLIDE, DRAG, AND POSE!

1-2	Rock right to right side, replace weight to left
&3-4	Step right to left, rock left to left side, replace weight to right
5-6	Cross left over right, making full turn to the right
7-8	Big step left dragging right to left take weight onto left and pose to the music