

Let It Go

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doreen Moody (UK)
音乐: If It Don't Come Easy - Tanya Tucker



MAKE ½ TURN TO LEFT ON THE SPOT

1&2&3&4&5&6&7&8& Right heel forward, left toe back, ¼ turn, right toe back, left heel forward, right heel forward, ¼ turn, left toe back, right toe back, left heel forward

¼ TURN TO LEFT, ½ PIVOT TURN TO LEFT, FULL TURN FORWARD, JUMP, CLAP

9-10-11-12 Forward right, ¼ turn left, forward right, pivot ½ turn to left

13-14-15-16 Forward right, ½ turn left, back left, ½ turn left, jump forward, clap

LEFT HEEL JACK, RIGHT HEEL JACK, CROSS KICKS, UNWIND LEFT

&17&18&& Left foot back right heel forward & right foot in place touch left next to right &

19&20 Right foot back left heel forward & left foot in place touch right next to left

21&22&23&24 Kick right foot across left and kick left foot across right & cross right in front of left, unwind

HIP SWAYS ¼ TURN, STOMP, HOLD, BODY-ROLL

25-26-27-28 Sway hips left, right, left ¼ turn right (keeping weight on left foot).

29-30-31-32 Stomp right foot forward, hold, body roll

BACK SHUFFLE, CROSS UNWIND, FORWARD SHUFFLE, CROSS UNWIND

33&34-35-36 Back right, left, right, cross left behind right, unwind

37&38-39-40 Forward right, left, right, cross left in front of right, unwind

HEEL SWITCHES, STEP FORWARD, TOGETHER (REPEAT)

41&42&43-44 Right heel forward & left heel forward & step forward right, left foot beside right. Repeat 41-44

APPLEJACKS

49-56 Applejacks

HIPBUMPS, STEP HOLD, HIPGRINDS

57&58&59&60 Right foot diagonal 2 hip bumps, left foot forward diagonal, 2 hip bumps

61-62&63&64 Right foot slightly to side, hold, rotate hips to the right

REPEAT

TAG

At end 2nd wall

1&2-3-4 Right side shuffle, rock back, rock forward

5&6-7-8 Repeat left