

Let It Go

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK)
音乐: Cha Cha Cuba - Matt Bianco



HIP SWAYS, LEFT SHUFFLE FORWARD, WALK FORWARD RIGHT, LEFT, RIGHT KICK-BALL-CHANGE

1-2 Step left to let side swaying hips left, recover weight on right swaying right
3&4 Small left shuffle forward stepping left, right, left
5-6 Walk forward on right, walk forward on left, (small steps)
7&8 Kick right forward, step ball of right beside left, step left in place

RIGHT SIDE ROCK, ROLLING TURN FULL TURN LEFT, LEFT SIDE ROCK, LEFT SAILOR STEP

1-2 Rock right to right side, recover weight on left
3&4 Turn full turn left stepping right, left, right

Easier option:

3&4 Right cross shuffle
5-6 Rock left to left side, recover weight on right
7&8 Cross left behind right, step right to right side, step left in place, (facing 12:00)

QUARTER TURN RIGHT BACK ROCK, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT MAMBO FORWARD

1-2 Turn ¼ turn right rocking back on right, rock forward on left
3&4 Right shuffle forward stepping right, left, right
5-6 Turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right
7&8 Rock forward on left, rock back on right, step back on left, (facing 3:00)

SLIDE BACK TWICE, RIGHT COASTER HEEL, & CROSS, SWEEP, RIGHT CROSS SHUFFLE

1-2 Slide back on right, slide back on left, (travel back)
3&4 Step back on right, step left beside right, touch right heel forward
&5-6 Step right beside left, cross left forward over right, sweep right out & around from back to front
7&8 Cross step right over left, step left to left side, cross step right over left

LEFT SIDE ROCK, BEHIND, SIDE, STEP FORWARD, FORWARD ROCK, RIGHT TRIPLE FULL TURN RIGHT

1-2 Rock left to left side, recover weight on right
3&4 Cross left behind right, step right to right side, step forward on left
5-6 Rock forward on right, rock back on left
7&8 Turn full turn right on the spot stepping right, left, right

Or right coaster step

FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT, HALF TURN LEFT, TOUCH, HALF TURN RIGHT, KICK

1-2 Rock forward on left, rock back on right
3&4 Left shuffle back turning ½ turn left stepping left, right, left, (facing 9:00)
5-6 Turn ½ turn left stepping slightly back on right, touch left toe forward, (facing 3:00)
7-8 Step left back to place turning ½ turn right, low kick right forward, (facing 9:00)

BACK, LOCK, RIGHT LOCK STEP BACK, TOUCH BACK, REVERSE PIVOT HALF TURN LEFT, CROSSING MAMBO

1-2 Step back on right, lock left across right
3&4 Step back on right, lock left across right, step back on right

- 5-6 Touch left toe back, reverse pivot $\frac{1}{2}$ turn left, (taking weight on left)
7&8 Cross step right over left, step left slightly left, step forward on right, (facing 3:00)

FORWARD ROCK, LEFT LOCK STEP BACK, HALF TURN RIGHT TWICE, RIGHT SHUFFLE FORWARD

- 1-2 Rock forward on left, rock back on right
3&4 Step back on left, lock right across left, step back on left
5-6 Turn $\frac{1}{2}$ turn right stepping forward on right, turn $\frac{1}{2}$ turn right stepping left beside right
7&8 Small right shuffle forward stepping right, left, right, (facing 3:00)

REPEAT
