

Letting Go

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Cierwen Newell (AUS)
音乐: Jesus, Take the Wheel - Carrie Underwood



ROCK, REPLACE, SIDE, ROCK, REPLACE, SIDE, CROSS, SHUFFLE, BACK, ¼

- 1-2& Rock right forward at a left 45 degree angle, replace weight back onto left, place right to right side
3 Rock left forward at a right 45 degree angle
4&5 Replace weight back onto right, step left to left side, cross step right over left
6&7 Swing left foot over right shuffle left, right, left forward at right 45 degree angle
8& Replace back onto right, ¼ turn left stepping left forward (9:00)

¼, RIGHT SYNCOPATED EXTENDED VINE, ROCK, ½ PIVOT, CROSS, HOLD

- 1-2 ¼ turn left stepping right to right side (6:00), cross left behind right
&3&4 Step right to right side, cross left over right, step right to right side, step left behind right
5-6 Rock right to right side, replace weight on left turning ½ turn left (12:00)
7-8 Cross right over left, hold

¼ STEP, ½ POINT, STEP, ½ POINT, STEP ¼ SWEEP, CROSS, ¼ BACK, ¼ SHUFFLE

- 1-2 ¼ turn left stepping left forward (9:00), ½ turn left on ball of left pointing right toe forward (3:00)
3-4 Step forward on right, ½ turn right on ball of right pointing left foot forward (9:00)
5-6 Step down on left making a ¼ turn left sweeping right (6:00), cross right over left
&7&8 ¼ right stepping back on left (9:00), turning ¼ right shuffle right, left, right to the right (12:00)

CROSS, SWEEP, ¼ BACK, ½ TURN SHUFFLE, STEP, CROSS SHUFFLE, HOLD

- 1-2 Cross left over right, sweeping right around cross right over left
&3&4 ¼ turn right stepping back on left (3:00), turning ¼ right shuffle right, left, right to the right 6:00
5-6&7-8 Step left to left side, cross right over left, step left to left side, cross right over left, hold

ROCK, REPLACE, ¼ TURN, ¼ ROCK, STEP, ¼ TURN, FULL TURN, ROCK

- 1-2 Rock left to left side, replace back onto right
&3 ¼ turn left replacing weight onto left (3:00), ¼ turn left rocking right to right side (12:00)
4-5-6& Step left to left side, ¼ turn left rocking right to right side (9:00), ¼ turn left stepping left forward (6:00)
&7 ½ turn left stepping right back (12:00), ¼ turn left rocking left to left side (9:00)
8 Rock right to right side

REPLACE, CROSS, SWEEP, ROCK, BACK SHUFFLE, SWEEP, ¼, ROCK, REPLACE

- &1-2 Replace weight onto left, cross right over left, sweep left over right stepping forward on left
3-4&5 Rock right forward, shuffle back left, right, left on left
6-7 Sweep right foot behind left stepping on right, ¼ turn left rocking left to left side (6:00)
8& Rock right to right side, replace weight back onto left

REPEAT

RESTART

On the 2nd wall, after count 16 (keeping weight on left), restart the dance on the back wall
On the 4th wall, on count 44, drag right foot into left and restart the dance to the front wall

ENDING

End on count 16 facing the front wall
