

123 Let Go

拍数: 32 墙数: 4 级数: Improver
编舞者: Steve Jeffries (UK)
音乐: Let Go - Tommy Shane Steiner



SYNCOPATED VINE, ROCK & RECOVER, STEP AND SLIDE, SYNCOPATED ROCK AND RECOVER, STEP RIGHT

1&2 Step right foot to right, step left behind right, step right foot to right
3-4 Rock left foot over right, recover weight to right foot
5-6 Take big step to the left, slide right up to left
&7-8 Rock right foot behind left, recover weight to left foot, step right foot to right turning ¼ right

ROCK IN FRONT & RECOVER, TURNING SHUFFLE, STEP AND PIVOT, SHUFFLE FORWARD

9-10 Rock left foot in front of right, recover weight to right foot
11&12 Step left foot back turning ½, slide right next to left, step left foot to left
13-14 Step right foot forward, pivot ½ turn over left shoulder
15&16 Step forward on right foot, slide left up to right, step forward on right foot

ROCK FORWARD & RECOVER, SHUFFLE BACK, ROCK BACK & RECOVER, SHUFFLE FORWARD

17-18 Rock left foot forward, recover weight to right foot
19&20 Step left foot back, slide right next to left, step left foot back
21-22 Rock right foot back, recover weight to left
23&24 Step right foot forward, slide left next to right, step right foot forward

STEP AND PIVOT, SHUFFLE FORWARD, FULL TURN OVER LEFT SHOULDER, WALK RIGHT LEFT

25-26 Step left foot forward, pivot ½ turn over right shoulder
27&28 Step left foot forward, slide right next to left, step left foot forward
29-30 Step right foot forward turning ½ turn over left shoulder, step on left foot turning another ½ turn

Alternative step - walk right, left

31-32 Step right foot forward, step left foot forward

REPEAT

TAG

To be danced after 2nd wall (only on Tommy Shane Steiner track)

ROCK AND RECOVER, COASTER STEP, ROCK AND RECOVER, COASTER STEP

1-2 Rock right foot forward, recover weight to left
3&4 Step right foot back, step left foot next to right, step right foot forward
5-6 Rock left foot forward, recover weight to right
7&8 Step left foot back, step right foot next to left, step left foot forward
