

Let it Out

拍数: 32 墙数: 4 级数: Improver
编舞者: Mark Furnell (UK) - July 2010
音乐: Let It Out (feat. Snoop Dogg) - Charlie Wilson : (CD: Uncle Charlie)



(1-8) Skate, Skate, Chasse Right, Point, Point, Kick ball point

1,2 Skate Rt to Rt, Skate Lt to Lt,
3&4 Step Rt to Rt, Close Lt to Rt, Step Rt to Rt making 1/8 turn right
5,6 Point Lt Toe Fwd, Point Lt Toe Back
7&8 Kick Lt forward, Step Lf next to Rt, Point Rt toe to Rt side

Section 5-6 is all done facing the right diagonal.

Section 7&8 straighten up facing 12o'clock.

(9-16) Cross, Quarter turn, Quarter turn, Rock step, Back, Coaster Step

1,2 Cross Rt over Left, Step back Lt making ¼ turn Rt
3,4 Step fwd Rt making ¼ turn Rt, Rock Fwd Lt
5,6 Rock back Rt, Step back Lt
7&8 Step back Rt, Close Lt to Rt, Step fwd Rt

(17-24) Stomp, Hold, Ball step kick, Cross back side, syncopated rock

1,2 Stomp Lt forward, Hold
&3,4 Step Rt next to Lt, Step Lt forward, Kick Rt forward
5&6 Cross Rt over Lt, Step back Lt, Step Rt to Rt side making 1/8 turn Rt
7& Rock Lt across Rt, Rock back Rt
8& Rock back on Lt, Rock fwd Rt

Section 6 to 8 is all done facing the right diagonal.

(25-32) Cross, Quarter turn, Quarter turn, Touch, Big Step right, Touch, Quarter, Touch

1,2 Cross Lt over Rt, Step side Rt making ¼ turn Lt
3,4 Step Lt to Lt, making ¼ turn Lt, Touch Rt to Lt
5,6 Large step to Rt, touch Lt toe behind Rt heel
7,8 Step side Lt making ¼ turn left. Touch Rt to Lt

(On count 1 Straighten up facing 6'clock)

Happy Dancing.....

Choreographer

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