

Let It All Go

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - June 2012
音乐: Let It Go - Alexandra Burke : (Single)



Intro: 16 Counts

Rock Back, ¼ L Point R, ¼ R Step Fwd, Step Pivot ½ Turn R, Shuffle ½ Turn R

- 1-2 Rock Back on R, Recover on L
- 3-4 ¼ Turn Left Point R to Right Side, ¼ Turn Right Step Fwd on R (12:00)
- 5-6 Step Fwd on L, Pivot ½ Turn Right (6:00)
- 7&8 ¼ Turn Right Step L to Left Side, Step R Next to L, ¼ Turn Right Step Back on L (12:00)

¼ R Side, Point, ¼ L Kick & Side Rock, Recover with Flick, Chasse 1/4 L

- 1-2 ¼ Turn Right Step R to Right Side, Point L to Left Side (3:00)
- 3 ¼ Turn Left Step Fwd on L (12:00)
- 4& Kick R Fwd, Step R Next to L
- 5-6 Rock L to Left Side (dip down), Recover on R Flicking L Behind R (come up again)
- 7&8 Step L to Left Side, Step R Next to L, ¼ Turn Left Step Fwd on L (9:00)

Cross, Back, Back, Cross, Back, Side, Cross Shuffle

- 1-2 Cross R Over L, Step Back on L (slightly to L Diagonal)
- 3-4 Step Back on R (slightly to R Diagonal), Cross L Over R (body facing R Diagonal)
- 5-6 Step Back on R (straighten up to 9:00), Step L to Left Side
- 7&8 Cross R Over L, Step L to Left Side, Cross R Over L

Side Rock, Full Turn L, Behind, ¼ R, Step Pivot ½ Turn R

- 1-2 Rock L to Left Side, Recover on R
- 3-4 ½ Turn Left Step L to Left Side, ½ Turn Left Step R to Right Side (9:00)
- 5-6 Step L Behind R, ¼ Turn Right Step Fwd on R (12:00)
- 7-8 Step Fwd on L, Pivot ½ Turn Right (6:00)

Side, Hold, & Side, Hold, & Side, Touch, Kick-Ball-Cross

- 1-2 Step L to Left Side, Hold
- &3-4 Step R Next to L, Step L to Left Side, Hold
- &5-6 Step R Next to L, Step L to Left Side, Touch R Next to L
- 7&8 Kick R to Right Diagonal, Step R Next to L, Cross L Over R

Side Rock, ¼ R Shuffle, ¼ R Side Rock, ¼ L Shuffle Fwd

- 1-2 Rock R to Right Side, Recover on L
- 3&4 ¼ Turn Right Shuffle Fwd Stepping R, L, R (9:00)
- 5-6 ¼ Turn Right Rock L to Left Side, Recover on R (12:00)
- 7&8 ¼ Turn Left Shuffle Fwd Stepping L, R, L (9:00)

Step Pivot ½ Turn L, Full Turn L, Shuffle Fwd, Step Fwd, Together

- 1-2 Step Fwd on R, Pivot ½ Turn Left (3:00)
- 3-4 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (3:00)
- 5&6 Shuffle Fwd Stepping R, L, R
- 7-8 Step Fwd on L, Step R Next to L

Back, Hold, & Cross, Back, Coaster Step, Rock Fwd

- 1-2 Step Back on L, Hold (dragging R backwards)

&3-4 Step on Ball of R to Right Back Diagonal, Cross L Over R, Step Back on R
5&6 Step Back on L, Step R Next to L, Step Fwd on L
7-8 Rock Fwd on R, Recover on L

Contact: dansenbijria@gmail.com
