

Let It All Out (Tonight Tonight)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Johanna Barnes (USA) - 2011
音乐: Tonight Tonight - Hot Chelle Rae



Intro: 4 counts including "Uno, dos, tres,"
Count 1 is the on the word "really"

[1~8]: TOUCH CROSSES, MAMBOS

1 R touch to R side
2 R step across L
3 L touch to L side
4 L step across R
5 R push step forward
& recover weight back on L
6 R step back
7 L push step back
& recover weight forward on R
8 L step forward

[9~16]: ROCK- ¼ RECOVER R, TRIPLE ¼ R, STEP ½ TURN R, WALK L, WALK R

1 R push step forward
2 recover weight back and ¼ R onto L (3:00)
& R step to R side
3 L step next to R
4 R forward step ¼ R (6:00)
5 L step forward
6 ½ right turn onto R (12:00)
7 L step forward
8 R step forward

[17~24]: L WALK, BOUNCE, JAZZ BOX, R HITCH, TOUCH BEHIND

1 L forward step to L diagonally toward 10:00, open hips L to 10:00, shoulders toward 12:00
2 R step forward, toward 10:00
3 touch L forward, keep weight more R, bend knees, small 'squat' to start bounce
& push up, straightening knees, pulse hands downward from elbows
4 bend knees again, finishing bounce, weight R
5 L step forward, toward 10:00
6 R step forward and across to start rotation R
7 L step to L side, slightly back, □square up to face 12:00
& hitch R knee up, draw right shoulder up
8 R touch behind L, drop right shoulder

[25~32]: R WALK, HIP THRUST, JAZZ BOX, KNEE FANS

1 R forward step to R diagonally toward 2:00 open hips R to 2:00, shoulders follow
2 L step forward, toward 2:00
3 touch R forward, pushing hips forward
& push hips back
4 push hips forward taking weight on R
5 L step forward and across to start rotation L
6 R small step back, begin to square to 12:00
7 L step next to R, square up to face 12:00

& with feet together, lift heels to push knees out to sides, slight bounce
8 close knees, return to center (weight L*)

***except on 3rd sequence, weight R and**

***REPEAT steps 17-32, then RESTART from 1**

[33~40&]: R CROSS, L ¼ BACK, ¾ R CHASE TURN, PUSH-RECOVER-SWITCH x2

1 R cross over L
2 L step back and ¼ R (3:00)
3 R forward step ¼ R (6:00)
& L step forward (6:00)
4 ½ R, stepping R forward (12:00)
5 L push step forward
6 recover weight back onto R
& L step next to R
7 R push step forward
8 recover weight back onto L
& R step next to L

[41~48]: FORWARD FOOT BOOGIES, STEP R, DOUBLE SAILOR STEPS, L BEHIND

1 L heel step forward, toes fan L (out) R stays ball of foot, heel fan L (in)
& L toes back to center, release R
2 R heel step forward, toes fan R (out) L stays ball of foot, heel fan R (in)
& R toes back to center, release L
3 L heel step forward, toes fan L (out) R stays ball of foot, heel fan L (in)
& L toes back to center, release R
4 R small step fwd and slightly R
5 L step behind R
& R small step to R side
6 L small step to L side
& R step behind L
7 L small step to L side
& R small step to R side
8 L step behind R

[49~56]: ¼ R, L FWD STEP, ½ R, ½ PENCIL TURN R, R FWD STEP, L FWD ROCK-RECOVER, L COASTER STEP

1 R forward step ¼ R (3:00)
2 L small step forward
3 ½ turn R onto R (9:00)
& ½ turn R, step L next to R (3:00)
4 R step forward
5 L rock step forward
6 recover weight back onto R
7 L step back
& R step next to L (take weight R)
8 L step forward

[57~64]: R FWD ROCK-RECOVER, TRIPLE ½ R, L FWD ROCK-RECOVER, L ¼ SAILOR STEP

1 R rock step forward
2 recover weight back onto L
3 R step ¼ to R side (6:00)
& L step next to R
4 R forward step ¼ R (9:00)
5 L rock step forward

6 recover weight back onto R
7 L sweep step behind R, making 1/8 turn L
& R step center, while make 1/8 turn L (6:00)
8 L step center/ slightly forward

(BEGIN AGAIN, and most certainly DWYF!)

***For the 3rd wall/sequence, dance counts 1-32, repeat counts 17-32, then Restart the dance from count 1.**

(1st wall starts at 12:00. 2nd wall starts at 6:00. 3rd wall starts at 12:00, repeating counts 17-32 so that you have done these counts two consecutive times through, then resetting the dance back at count 1 so that you are now starting the 4th wall still at 12:00...)

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