

Let It Go

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dom Yates (UK) - February 2014
音乐: Let It Go - Demi Lovato : (CD: Frozen OST or iTunes)



18 Count Intro

[1-8] : Step Sweep, Diamond ¼ Turn, Side Rock Cross, 1 ¾ Turn

1 Step forward on right, sweeping left from back to front
2&3 Cross left over right, make 1/8 turn left stepping back on right, step back on left
4&5 Step back on right, make 1/8 turn left stepping left to side, cross right over left
6&7 Rock left to side, recover onto right, cross left over right
&8 Make ¼ turn left stepping back on right, make ½ turn left stepping forward on left
& Make ½ turn left stepping back on right

[9-16] : Step Sweep, Jazz ¼ Turn Sweep, Mambo ½ Turn, Pivot ½ Turn, Forward Rock Run Back

1 Make ½ turn left stepping forward on left, sweeping right from back to front
2& Cross right over left, step back on left
3 Make ¼ turn right stepping forward on right, sweeping left from back to front
4&5 Rock forward on left, recover onto right, make ½ turn left stepping forward on left
6&7& Step forward on right, pivot ½ turn left, rock forward on right, recover onto left
8& Run back right, left

[17-24] : Run Back Sweep, Weave ¼ Turn, Spiral Full Turn, Lunge, Walks Back, Weave ½ Turn, ¾ Turn

1 Run back right, sweeping left from front to back
2& Cross left behind right, make ¼ turn right stepping forward on right
3,4 Step forward on left making full spiral turn right, lunge forward on right

****Restart Here Wall 2** See Notes**

5,6 Walk back left, right
7&8 Step back on left, make ½ turn right stepping forward on right, step forward on left
& Make ½ turn left stepping back on right

[25-32] : Nightclub Basic Left & Right, Walks Forward, Pivot ½ Turn, Spiral Full Turn

1,2& Make ¼ turn left stepping left to side, cross right behind left, step left across right
3,4& Step right to side, cross left behind right, step right across left and slightly forward
5,6 Walk forward left, right
7&8 Step forward on left, pivot ½ turn right, step forward on left making full spiral turn right

****Restart** Wall 2**

Dance up to count 19 (spiral full turn), on count 20 instead of lunging, drag the spiral out over a second count, and start the dance again from count 1

****Tag** Wall 6**

At the end of Wall 6, you will be facing 3 o'clock wall. Add the following 2 count tag then start again

1,2 Walk forward right, left

Start Again

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