

Let It Be

拍數: 48 牆數: 4 級數: Intermediate
編舞者: John Huffman (USA) - March 2016
音樂: Let It Go - James Bay : (Album: Chaos and the Calm)



Intro: Dance starts after 16 counts, Weight on L

S1: Back, Sailor 1/2, L Twinkle, R Twinkle, Cross-1/4-Side

- 1 1) Step R back, begin sweeping L (To start dance only)
2&3 2) Step L behind R &) Turn 1/4 L step R to L 3) Turn 1/4 L step L fwd (6:00)
4&5 4) Step R across L &) Step L to side 5) Step R in place
6&7 6) Step L across R &) Step R to side 7) Step L in place
8&1 8) Step R across L &) Turn 1/4 R step L back 1) Step R to side (9:00)

S2: 1/4-Cross-Side, 1/4-Cross-Diagonal, Mambo 1/4, 1/2-1/2-Step

- 2&3 2) Turn 1/4 R step L to side &) Step R across L 3) Step L to side (12:00)
4&5 4) Turn 1/4 R step R to side &) Step L across R 5) Step R to R diagonal (4:30)
6&7 6) Rock L fwd &) Recover to R, square up to 3:00 7) Turn 1/4 L step L fwd (prep for full turn)
(12:00)
8&1 8) Turn 1/2 L step R back &) Turn 1/2 L step L fwd 1) Step R fwd (12:00)

S3: Mambo-Back, Behind-1/4-1/4, Sway, Sway, Behind-1/4-Step

- 2&3 2) Rock L fwd &) Recover to R 3) Step L back begin sweeping R
4&5 4) Step R behind L &) Turn 1/4 L step L fwd 5) Turn 1/4 L sway to R side (6:00)
6-7 6) Sway L 7) Sway R
8&1 8) Step L behind R &) Turn 1/4 R step R fwd 1) Step L fwd (9:00)

S4: Rock, Recover, Back-1/2-Step, 1/2-1/2, Step-Lock-Step

- 2-3 2) Rock R fwd (push fwd with hands as if pushing something/someone away) 3) Recover to L
4&5 4) Step R back &) Turn 1/2 L step L fwd 5) Step R fwd (prep for full turn)
6-7 6) Turn 1/2 R step L back 7) Turn 1/2 R step L fwd
8&1 8) Step L fwd &) Lock R behind R 1) Step L fwd (3:00)

S5: Mambo-Back, Back-Lock-Back, 1/4-Together-Side, Backrock-Recover-1/4

- 2&3 2) Rock R fwd &) Recover to L 3) Step R back
4&5 4) Step L back &) Lock R across L 5) Step L back
6&7 6) Turn 1/4 R step R to side &) Step L to R 7) Step R to side
8&1 8) Rock L behind R &) Recover to R 1) Turn 1/4 R step L back (9:00)

S6: Shuffle 1/2, 1/2 Chaise Turn, Walk, Walk, Full Chaise Turn

- 2&3 2) Turn 1/4 R step R to side &) Step L to R 3) Turn 1/4 R step R fwd (3:00)
4&5 4) Step L fwd &) Pivot 1/2 R weight to R 5) Step L fwd (9:00)
6-7 6) Step R fwd 7) Step L fwd
8& 8) Step R fwd &) Pivot 1/2 L weight to L (3:00)
1 1) Turn 1/2 L step R back, begin sweeping L (First step of dance) (9:00)

Repeat.... Have FUN

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