拍數： 104 䍣數： 1
級數：Phrased Advanced
編舞者：Fred Whitehouse（IRE）\＆Jean－Pierre Madge（CH）－September 2017
音樂：Let Me Go by Hailee Steinfield，Alesso，Florida Georgia Line \＆Watt


## Section：A－B－C－A－B－C＊－C－B

## Part A： 48 counts

A1：Step， $1 / 4$ Turn，Sailor $1 / 2$ ，Sweep Cross Back Back Cross，Touch．
1－2 Step $R$ forward（1）， $1 / 4 R$ Step $L$ to $L$（2），
3\＆4 Cross $R$ behind $L$（3）， $1 / 4$ Step $L$ to $L(\&), 1 / 4$ Step $R$ forward and Sweep $L$ forward（4），
5\＆6\＆7 Sweep L over R（5），Cross L over R（\＆），Step R back（6），Step L to L（\＆），Cross R over L（7），
8 Touch L to L（8）．

A2：Rock，back $1 / 4$ and Touch and Touch， $1 / 4$ Step， $1 / 2$ Pencil turn，Cross side Touch．

| $1-2$ | Rock $L$ forward（1），Recover（2） |
| :--- | :--- |
| $\& 3 \& 4$ | $1 / 4 L$ Step $L$ to $L(\&)$ ，Touch $R$ next $L$（3），Step $R$ to $R(\&)$, Touch $L$ next $R(4)$, |
| $5-6$ | $1 / 4 L$ Step $L$ forward（5）， $1 / 2$ Turn $L$ bending your $R$ knee keeping your $R$ next your $L$（6） |
| $7 \& 8$ | Cross $R$ over $L(7)$, Step $L$ to $L(\&)$, Touch $R$ behind $L$（8）． |

A3：Bounce $1 / 2$ turn，Step Sweep，Cross ball $1 / 4$ turn，Camel walks．
1－2 $\quad 1 / 2 R$ bouncing heels twice weight on $L$（1－2），
3－4 Step R forward and sweep L over R（3），Cross L over R（4），
\＆5 Ball Step $1 / 4 \mathrm{~L}(\& 5)$ ，
6－7－8 3 Camel Walks R，L，R（6－7－8）add arms to the camel walks－make a picture frame by using your index finger and thumb of each hand，first camel walk Left hand must be on top，second camel walk the Right hand must be on top and on the third camel walk，hold both hands forward with a thumbs up and a cheesy face

A4：Rock and Back，Behind side Cross and Cross，Spiral turn，Step，Rock Recover．
1\＆2 Rock L forward（1），Recover（\＆），Step L back（2），
3\＆4\＆5 Step R Back（3） $1 / 4 L$ Step $L$ to $L(\&)$ ，Cross R over L（4），Step L to L（\＆），Cross R over L（5） $6 \quad$ Keeping weight on $R, 1 \frac{1}{4}$ turn to $L$（6）
7－8\＆Step $L$ forward（7），Rock $R$ forward（8），Recover on $L$（\＆）．
A5：Touch Back Body Roll，Ball Touch，Pivot Turn，Sailor step，Sailor $1 / 4$ turn．
$\begin{array}{ll}1-2 & \text { Touch } R \text { behind and Start a Body Roll from your head（1），Finish the body roll and transfer } \\ & \text { the weight on your } R(2), \\ \& 3-4 & \text { Step } L \text { next } R(\&) \text { ，Touch } R \text { Behind（3），pivot } 1 / 4 R \text { weight on } L(4) \\ 5 \& 6 & \text { Step } R \text { behind } L(5) \text { ，Step } L \text { to } L(6), \text { Step } R \text { to } R(6), \\ 7 \& 8 & \text { Step } L \text { behind } R(7), 1 / 4 L \text { Step } R \text { to } R(\&) \text { ，Step } L \text { to } L \text {（8）．}\end{array}$
A6：And Drag，Ball step，Walk Walk，Step Turn Step．
\＆1－2－3 $\quad R$ hand forward，palm facing down（\＆）While dragging $R$ next to $L$ raise $R$ hand up（1－2－3），
\＆4 Step $R$ next $L(3)$ ，Step $L$ forward（4），
5－6 Walk R，L（5－6），
$7 \& 8 \quad$ Step R forward（7），Pivot $1 ⁄ 2 L(\&)$ ，Step R forward（8）．

## Part B： 24 counts

B1：Back，Back，Out－Out Hands．
1－2 Walk back $L$（1），Walk back $R(2)$ ，arms－$R$ hand to $L$ shoulder（1）$L$ hand to $R$ shoulder（2）
\＆3 Step L out（\＆），Step R out（3）arms－swap both hands to other shoulder（\＆）close hands in front of chest In a praying position（3）

4
5\&6\&

7\&8

Hands
1-2
$3 \& 4$
5\&6\&
$7 \& 8$

B2: Side Ball Cross, $1 / 4$ Side Ball Cross, Side Ball Cross, $1 / 4$ Side Ball Cross.
1a2 Step R to R(1), Step L next R (a), Cross R over L (2)
3a4 $\quad 1 / 4 L$ Step $L$ to $L$ (3), Step $R$ next $L$ (a), Cross L over R (4)
$5 a 6 \quad$ Step R to R (5), Step L next R (a), Cross R over L (6)
7 a 8 $1 / 4 \operatorname{L}$ Step $L$ to $L$ (7), Step R next L (a), Cross L over R (8).

B3: Volta full turn, Touch and Touch and Touch, Touch.
1\&2\&3\&4 Make a full turn to $R$ shoulder stepping $R, L, R, L, R, L, R(1 \& 2 \& 3 \& 4)$
$5 \& 6 \quad$ Touch/rock $L$ forward (5), Step L back (\&), Touch/rock R forward (6),
\&7-8 Step R back (\&) Touch/rock L forward (7), Step L back (\&), Touch R forward (8)
(on the video you count 5e\&a6e\&a7 Hold on 8)
Part C: 32 counts
C1: Rock in Chair and Chassé, Cross Side back $1 / 2$ Turn, Coaster Step.
1\&2\& Rock R forward (1), Recover back ( $\&$ ), Rock R back (2), Recover forward ( $\&$ ),
3\&4 Step R forward (3), Step L next R (\&), Step R forward (4)
5\&6 $\quad 1 / 4 \mathrm{~L}$ Cross Lover R (5), Step R to R (\&), $1 / 4 \mathrm{~L}$ Step L back (6),
7\&8 Step R back (7), Step L next R (\&), Step R forward (8).
C2: Rock in chair and $1 / 4$ Cross Side Back, $1 / 4$ Back side Cross, $1 / 4$ Cross Side Back.
1\&2\& Rock L forward (1), Recover back (\&), Rock L back (2), Recover forward (\&),
$3 \& 4 \quad 1 / 4 L$ Cross $L$ over R (3), Step R to R (\&), Step L behind R (4),
5\&6 $\quad 1 / 4 L$ Step $R$ back (5), Step $L$ to $L(\&)$, Cross $R$ over $L(6)$,
$7 \& 8 \quad 1 / 4 L$ Cross $L$ over $R(7)$, Step $R$ to $R(\&)$, Step $L$ behind $R(8)$.
C3: Press and Press and Side Touch Side, Sailor $1 / 2$ turn, Shimmy Side.
1\&2\& Going backward press $R$ to $R(1)$, Step $R$ behind $L$ (\&), Press $L$ to $L$ (2), Step $L$ behind $R(\&)$,
3\&4
Touch R to R (3), Touch R next L (\&), Step R to R (4),
5\&6 Cross L behind $R(5), 1 / 4 L$ Step $R$ to $R(\&), 1 / 4 L$ Cross $L$ over $R(6)$,
7\&8 Big Step R to R (7), Shimmy shoulders (\&) Step L next R (8).
C4: Rock and Cross, Rock and Cross, Paddle turn.
1\&2 Rock R to R (1), Recover (\&), Cross R over L (2),
3\&4
Rock L to L (3), Recover (\&), Cross L over R (4),
$1 / 4 L$ Step $R$ to $R(5), 1 / 4 L$ Step $R$ to $R(6)$,
7-8 $\quad 1 / 4 L$ Step $R$ to $R(7), 1 / 4 L$ step $R$ to $R(8)$.
(After the 2 nd C , you do $1 / 4 \mathrm{~L}$ more to start part C at 9 o'clock)

