Time To Let Go

拍數: 48

級數: Improver

編舞者: Frank Heelan (IRE) - March 2018

音樂: Take My Picture Down - Kinsey Rose

Sec. 1: Left basic forward, Right basic back, left basic ½ turn left, right basic back.

- 1-2-3 Step forward left, step right together, step left in place.
- 4-5-6 Step back right, step left together, step right in place. (12.00)

Sec. 2: Basic ½ turn left, basic right back.

- 1-2-3 Step forward left, turn ¼ left step right to right, turn ¼ left step left to left.
- 4-5-6 Step back right, left together, step right in place. (6.00)

Sec. 3: Cross, side rock, behind side cross.

- 1-2-3 Cross left over right, rock right to right, recover to left.
- 4-5-6 Step right behind, left to left, cross right over left. (6.00)

Sec. 4: Side rock step, step lock step.

- 1-2-3 Rock left to left, recover to right, step forward left.
- 4-5-6 Step forward right, lock left behind, forward right. (6.00)

Sec. 5 Step, turn, turn, back lock back.

- 1-2-3 Step forward left, turn ½ right forward right, turn ½ right step back on left.
- 4-5-6 Step back right, lock left across, step back on right. (6.00)

Sec. 6: Rock, rock, rock, side rock cross.

- 1-2-3 Rock back left, recover to right, rock back on left.
- 4-5-6 Rock right to right, recover to left, cross right over left. (6.00)

Sec. 7: Step drag, full turn right.

- 1-2-3 Long step to left, drag right to left over 2 beats.
- 4-5-6 Turn ¼ right step right forward, turn ½ right step left back, turn ¼ right stepping right to right.

Sec. 8: Cross side rock, cross turn side.

- 1-2-3 Cross left over right, step right to right, recover to left.
- 4-5-6 Cross right over left, turn ¼ right step back left, step right to right. (9.00)

Music fades at the end, dance through in time and finish facing 12.00 on count 3 of section 5.

Contact: heelanjohnl@gmail.com





牆數:4