Let It Be



編舞者: Kristin Lyn (USA) - October 2019

音樂: Meant to Be (feat. Florida Georgia Line) - Bebe Rexha



[Sequence: AABC, AABC, C – 1st 8 cts, C, BCB]

PART A

STEP, SCUFF, BACKWARD RUN, RUN, RUN & KNEE POP, (BASIC NIGHT CLUB TWO STEP) SLIDE CROSS BACK ROCK RECOVER KICK BALL CROSS

1 (1) Step forward R 2 (2) Brush L forward

3&4 (3) Step L back, (&) Step R back, (4) Step L back and pop R knee

(5) Step R to R side while sliding L towards R behind R
(6) Cross Rock L behind R, (&) Recover R in place

7&8 (7) Small kick L forward, (&) Step L in place, (8) Cross R over L

SIDE ROCK CROSS, 1/4 TURN PIVOT STEP TO THE LEFT W/ LEFT KNEE POP, COASTER STEP, FULL TURN

1&2 (1) Rock out on L to L side, (&) Recover on R, (2) Cross L over R

3 (3) Step R to R side

4 (4) 1/4 Turn to L with weight on R, pop L knee up

5&6 (5) Step back L, (&) Step R next to L, (6) Step L forward

7 (7) Step back R, ½ turn 8 (8) Step forward L, ½ turn

PART B SYNCOPATED: HEEL STEP HEEL STEP & TOUCH, SAILOR STEP, SAILOR STEP, STOMP (TRAVEL FORWARD)

1-2& (1) Step R heel out, (2) Step R in place, (&) Step L heel out

3 HOLD

&4 (&)Step L in place, (4) Touch R next to L

5&6 (5) Step R behind L, (&) Step L in place, (6) Step R next to L

&7&8 (&) Step L behind R, (7) Step R in place, (&) Step L next to R, (8) Stomp R weighting on R

1-2& (1) Step L heel out, (2) Step L in place, (&) Step R heel out

3 HOLD

&4 (&) Step R in place, (4) Touch L next to R

5&6 (5) Step L behind R, (&) Step R in place, (6) Step L next to R,

&7&8 (&) Step R behind L, (7) Step L in place, (&) Step R next to L, (8) Stomp L weighting on L

PART C

BACKWARD STEP SWEEP, SYNCOPATED ROCK RECOVER, BACKWARD STEP SWEEP, SYNCOPATED ROCK RECOVER, BACK ROCK RECOVER, CROSS & UNWIND TURN

1-2& (1) Step back on R while Sweeping L front to back, (2) Step L behind R, (&) Recover on R
3-4& (3) Step back on L while Sweeping R front to back, (4) Step R behind L, (&) Recover on L

5-6 (5) Rock back on R, (6) Recover on L

7-8 (7) Cross R over L Angle Body to the left (11:00), (8) Unwind full turn ending with L crossed

over R

*Repeat this 8 ct. section after final AABC sequence [6:00]

MAMBO STEP, 1/4 TURN MAMBO STEP, CHASE TURN, FULL TURN, FORWARD STEP

1&2 (1) Rock R to R side, (&) Step L in place, (2) Step R next to L

3&4 (3) Rock L to L side, (&) R ¼ Turn Stepping R in place, (4) Step L next to R

5&6 (5) Step forward R, (&) Pivot on R, Step forward L, (6) Step forward R

7&8 (7) Step Back L ½ turn, (&) Step side R ½ turn, (8) Step forward L (weighted on L)

Last Update – 24 Jan. 2020