

Loslassen (Let Go)

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Claudia Arndt (DE) - June 2021
音樂: Wahrheit schmerzt - Kerstin Ott



Intro: Start dancing on lyrics „Es ist Zeit“.

Section 1: Rumba box: Side r, together, step forward, touch, side l, together, back, touch

1-2 Step R to ride side, step L next to R
3-4 Step R forward, touch L beside R
5-6 Step L to left side, step R next to L
7-8 Step L back, touch R beside L

(Restart: In wall 8; 12:00) - here start over from the beginning

Section 2: Grapevine with touch, grapevine with ¼ turn l, hold

1-2 Step R to right side, cross L behind R
3-4 Step R to right side, touch L beside R
5-6 Step L to left side, cross R behind LF
7-8 Turn ¼ left and step L forward, hold (9:00)

Section 3: Step, pivot ½, turn ¼ left, hold, slow coaster step, touch

1-2 Step R forward, turn ½ left on both balls (weight on L, 3:00)
3-4 Turn ¼ left and step R to right side, hold (12:00)
5-6 Step L back, step R beside L
7-8 Step L forward, touch R beside L

(Restart: In wall 6; 6:00) - here start over from the beginning

Section 4: Steps diagonally forward + back (r, l, r, l) with touches

1-2 Step R diagonally forward, touch L beside R
3-4 Step L diagonally back, touch R beside L
5-6 Step R diagonally back, touch L beside R
7-8 Step L diagonally forward, touch R beside L

Section 5: Step lock step forward, brush, r + l

1-4 Step R forward, cross L behind R, step R forward, brush L forward
5-8 Step L forward, cross R behind L, step L forward, brush R forward

Section 6: Step, pivot ½ l, step, hold, ½ turn r, step forward, hold

1-2 Step R forward, turn ½ left on both balls (weight on L, 6:00)
3-4 Step R forward, hold
5-6 Turn ½ right and step L back, turn ½ right and step R forward
7-8 Step L forward, hold

Section 7: Rocking chair, step, pivot ½ l, step, pivot ½ l, hold

1-2 Step R forward, weight back on L
3-4 Step R back, weight back on L
5-6 Step R forward, turn ½ left on both balls, weight back on L (12:00)
7-8 Step R forward, turn ½ left on both balls, weight stays on R (6:00)

Section 8: Slow coaster step, hold, rock forward, touch hold

1-2 Step L back, step R beside L, step L forward
3-4 Step L forward, hold
5-6 Step R forward, weight back on L

7-8 Touch R beside L, hold

Start dance from the beginning.

Tag: At the end of the 3rd wall (6:00)

Rumba Box: Side r, together, step forward, touch, side l, together, back, touch

1-8 Repeat section 1

Have fun dancing!

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Last Update - 26 June 2021
