

Let Yourself Go

拍數: 64 牆數: 2 級數: Novice
編舞者: Sandra Moschel (FR) - 13 July 2023
音樂: Let Yourself Go - Elvis Presley



[1-8] Grind – Rockback - (x2)

1-2 Step on the right heel (toe to the left) – Pivot right toe to the right
3-4 Step right back with support – Return support left
5-6 Step on the right heel (toe to the left) – Pivot right toe to the right
7-8 Step right back with support – Return support left

[9-16] Side step with shimmy (R) – Together – Hold - (2X)

1-2 Step right to the right with shimmy
3-4 Step left next to right – Pause
5-6 Step right to the right with shimmy
7-8 Step left next to right – Pause

[17-24] Rocking chair x2

1-2 Step left with support – Return right support
3-4 Step back with support – Return to support right
5-6 Step left with support – Return right support
7-8 Step back with support – Return to support right

[25-32] Side step with shimmy (L) – Together – Hold – (x2)

1-2 Step left with shimmy
3-4 Step right next to left – Pause
5-6 Step left with shimmy
7-8 Step right next to left – Pause

[33-40] Jazzbox ¼ turn right – (2x)

1-2 Cross right over left – step left back
3-4 ¼ turn right Step right to the right – Step left forward (3:00)
5-6 Cross right over left – step left back
7-8 ¼ turn right Step right to the right – Step left forward (6:00 a.m.)

[41-48] Monterey turn ¼ turn right – (x2)

1-2 Step right to the right – ¼ turn right – Step right next to the left (9:00 a.m.)
3-4 Point left to left – step left next to right
5-6 Step right to the right – ¼ turn right – Step right next to the left (12:00)
7-8 Point left to left side – step left next to right

[49- 56] Toe strut (R and L) – Switches point – Hold

1-2 Front right sole – Step right heel
3-4 Front Left Plant – Land Left Heel
5&6& Point right to right side – Collect – Point left to left side – Collect
7-8 Step right to the right - Break

[57-64] Paddle turn 1/8 (x4) (L)

1-2 Plant forward right – 1/8 turn left
3-4 Plant forward right – 1/8 turn left (9:00 a.m.)
5-6 Plant forward right – 1/8 turn left
7-8 Plant forward right – 1/8 turn left (6:00)

Restart: at the 4th wall after the 2nd section

Final: At the end of the 6th wall add a Paddle $\frac{1}{2}$ turn left to finish at 12:00 p.m.
