

Let It All Go

拍數: 32 牆數: 4 級數: Improver east coast swing
編舞者: Jan Brookfield (UK)
音樂: The Ladder of Love - Rodney Crowell



HEEL BALL CROSS, SIDE ROCK, TOE STRUT ACROSS, TOE STRUT QUARTER TURN

1&2 Tap right heel forward, step back on right, step left across in front of right
3-4 Rock on right to side, rock weight onto left
5-6 Strut on right toes then heel across in front of left
7-8 Strut on left toes then heel, making $\frac{1}{4}$ turn left (facing 9:00)

ROCK, STEP, HALF TURN SHUFFLE, ROCK, STEP, COASTER

9-10 Rock forward on right, rock back onto left
11&12 Shuffle on right, left, right making half turn over right shoulder (facing 3:00)
13-14 Rock forward on left, rock weight back onto right
15&16 Step back on left, step on right next to left, step forward on left

STEP, CLAP & STEP, CLAP & BACK, ROCK, HALF TURN SHUFFLE

17-18& Step right to right side, clap hands once, step quickly on left next to right
19-20& Step right to right side, clap hands once, step quickly on left next to right
21-22 Rock back on right, rock weight forward onto left
23&24 Shuffle on right, left, right making half over left shoulder (facing 9:00)

BACK, ROCK, SHUFFLE FORWARD, JAZZ BOX

25-26 Rock back on left, rock forward onto right
27&28 Shuffle forward on left, right, left
29-32 Step right across left, step back on left, step right to side, step left next to right

REPEAT
