

Let It Go

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: John Dembiec (USA) & Guyton Mundy (USA)
音樂: I'm Outta Love - Anastacia



There are 4 and 8 count tags in this song. Dance through them. The dance will flow through it.

SHUFFLE FORWARD, FULL TURN, ROCK/RECOVER, ¾ TURN

1&2 Shuffle forward left, right, left
3-4 Step forward right with ½ turn left, step back on left with ½ turn left
5-6 Rock forward right, replace back on left
7&8 Making a ¾ turn to right, triple step right, left, right

ROCK/RECOVER, BACK COASTER, KICK & TOUCH, SWIVELS

1-2 Rock forward left, recover back on right
3&4 Step left back, step right next to left, step left forward
5&6 Kick right forward, step right next to left, touch left to left side
7-8 Swiveling on balls of feet, swivels ¼ turn left, swivel ¼ turn right

SWIVEL, TOUCH, SYNCOPATED VINE, STEP, ¼ TURN TOUCH, STEP

1-2 Swivel ¼ turn left, touch right next to left
3-4& Step right to right, step left behind right, step right to right
5-6 Step left over right, step right to right
7-8 Making ¼ turn left, touch left next to right, step left forward

FULL TURN, SHUFFLE FORWARD, TOE TOUCHES, PIVOTS

1-2 Step forward right with ½ turn left, step back on left with ½ turn left
3&4 Shuffle forward right, left, right
5-6 Touch left toe forward, touch left toe back
7-8 Pivot ½ turn left, pivot ¼ turn right (weight should be on right)

STEP, STEP, FULL UNWIND, ROCK/RECOVER, TURNING SHUFFLE

1-2 Take a big step to left, step right behind left
3-4 Unwind one full turn for two counts (weight will end on right)
5-6 Rock left forward, replace back on right
7&8 Turning ½ to left, shuffle left, right, left

SYNCOPATED SIDE STEPS, FIGURE 4, BODY SWIVELS

1-2& Step right to right, hold count 2, step left next to right
3-4& Step right to right, hold count 4, step left next to right
Styling note: you may do side body rolls on counts 2 and 4 for extra flair
5-6 Step right to right, place left foot behind right knee (figure 4)
7-8 Keeping right foot in place, turn body ¼ turn right, turn body ½ turn back to left

REPEAT