Letting Go

拍數: 80　　　　牆數: 4　　　　級數: Intermediate

編舞者: Lucy Davies (UK)

音樂: Out of Reach - Gabrielle

BEHIND AND SIDE, BEHIND AND SIDE, WEAVE RIGHT ¼ TURN RIGHT & POINT

1&2	Step back on left foot (5th dance position), step right foot in place, step left foot to side
3&4	Step back on right foot (5th dance position), step left foot in place, step right foot to side
5&6&	Step left foot behind right, step right to side, cross left foot in front of right step right to side
7&8	Step left foot behind right, step right foot forward into ¼ turn right, point left toe to the side

BEHIND AND SIDE, BEHIND AND SIDE, WEAVE RIGHT, STEP FORWARD

1&2	Step back on left foot (5th dance position), step right foot in place, step left foot to side
3&4	Step back on right foot (5th dance position), step left foot in place, step right foot to right side
5&6&	Step left foot behind right, step right to side, cross left foot in front of right step right to side
7&8	Step left foot behind right, step right foot to side, step left foot forward

STEP ½ PIVOT TURN LEFT, FULL TURN RIGHT, RIGHT COASTER STEP, WALK LEFT, RIGHT

1&2	Step forward right, ½ pivot turn left, step forward right
3&4	Step forward left, spin full turn right on ball of right, step left beside right
5&6	Step right foot back, step left foot beside left, step right foot forward
7-8	Walk forward left, right

ROCK ½ TURN LEFT, SHUFFLE FORWARD RIGHT, STEP ¼ PIVOT CROSS, ROCK STEP

1&2	Rock forward on left, rock back on right, making ½ turn left step forward on left
3&4	Shuffle forward, right, left, right
5&6	Step forward left, pivot ¼ turn right, step left across right
7-8	Rock out to the right, replace weight to left

CROSS ROCK, SIDE SHUFFLE RIGHT, CROSS ROCK, SIDE SHUFFLE LEFT

1-2	Rock right foot in front of left, replace weight to left
3&4	Shuffle to the side, right, left, right
5-6	Rock left foot in front of right, replace weight to right
7&8	Shuffle to the side, left, right, left

ROCK FORWARD AND BACK, POINT AND SWITCH AND POINT AND SWITCH

1-2	Rock forward on right foot, rock back on left (styling: the rock forward is a kind of lunge - similar to "stormy waters", rising slightly on the ball of the foot)
3-4	Rock back on right foot, rock forward on left
5&6&	Point right toe to the side, step right foot next to left, point left toe to the side, step left foot down in place
7&8&	Point right toe to the side, step right foot next to left, point left toe to side, step left foot down in place

Styling: the toe switches are funky and kept low - they also travel slightly to the left. As you point your toe to the right, your body leans to the left, as you switch and point the left toe, your body leans to the right

ROCK FORWARD & BACK, RIGHT LOCK BACK, TOUCH ½ TURN, WALK LEFT, RIGHT

1-2	Rock forward on right, rock back on left
3&4	Lock step back, right, left, right
5-6	Touch left toe back, reverse pivot ½ turn left (weight stays on right)
7-8	Walk forward left, right

ROCK FORWARD & BACK, LEFT LOCK BACK, UNWIND ¾ TURN, SHUFFLE FORWARD LEFT

1-2	Rock forward on left, rock back on right
3-4	Lock step back, left, right, left
5-6	Cross right foot behind left, unwind ¾ turn right (weight on right)
7&8	Shuffle forward, left, right, left

ROCK AND CROSS, ROCK AND CROSS, ¾ TURN RIGHT, ROCK BACK RIGHT, WALK LEFT RIGHT

1&2	Rock out to the right, replace weight to left, cross right in front of left
3&4	Rock out to the left, replace weight to right, cross left in front of right
5&6	Making ¼ turn right, step right foot forward, pivot ½ turn right on ball of left, step back on right popping left knee
7-8	Walk forward left, right

WALK LEFT, MAMBO FORWARD RIGHT, LEFT LOCK BACK, COASTER STEP, ¼ PIVOT RIGHT POINT LEFT

1-2&3	Walk forward left, rock forward on right, back on left, step back right
4&5	Lock step back left, right, left
6&7	Step right foot back, step left next to right, step right foot forward
8	Making a ¼ turn to the right, point left to the side

REPEAT