

Letting Go!

拍數: 64 牆數: 4 級數:
編舞者: Ian St. Leon (AUS)
音樂: Time for Letting Go - Billy Ray Cyrus



¼ RIGHT TURN RIGHT FORWARD, HOLD, SHUFFLE ½ TURN RIGHT, ¼ TURN RIGHT - SIDE SHUFFLE, ROCK LEFT ACROSS RIGHT, ROCK BACK ON RIGHT

1-2 Turn ¼ turn right - step forward on right, hold
3&4 Shuffle forward left (left, right, left) turning a ½ turn turn right
5&6 Turn ¼ turn right - side shuffle right (right, left, right)
7-8 Rock left over right, rock back on right

¼ LEFT TURN - LEFT FORWARD, HOLD, SHUFFLE ½ TURN LEFT, ¼ TURN LEFT - SIDE SHUFFLE, ROCK RIGHT ACROSS LEFT, ROCK BACK ON LEFT

1-2 Turn ¼ turn left - step forward on left, hold
3&4 Shuffle forward right (right, left, right) turning a ½ turn turn left
5&6 Turn ¼ turn left - side shuffle left (left, right, left)
7-8 Rock right over left, rock back on left

RIGHT SIDE, LEFT IN PLACE, RIGHT SAILOR SHUFFLE, LEFT SAILOR, SHUFFLE, TURN ¼ RIGHT - STEP RIGHT FORWARD, TURN ½ RIGHT - STEP BACK LEFT

1-2-3&4 Step right to right side, step left in place, right sailor shuffle
5&6 Left sailor shuffle, turn ¼ turn right
7-8 Step forward on right, turn ½ turn right - step back on left

ROCK BACK RIGHT, ROCK FORWARD LEFT, ROCK FORWARD RIGHT, ROCK BACK LEFT, COASTER STEP, TURN ¼ RIGHT - STEP LEFT TO SIDE, RIGHT TOGETHER

1-4 Rock back on right, rock forward on left, rock forward on right, rock back on left
5&6-7-8 Right coaster step, turn ¼ turn right - step left to left side, right together - (take weight on right)

LEFT SIDE, RIGHT IN PLACE, LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE, TURN ¼ LEFT - STEP LEFT FORWARD, TURN ½ LEFT - STEP BACK RIGHT

1-2-3&4 Step left to left side, step right in place, left sailor shuffle
5&6-7-8 Right sailor shuffle, turn ¼ turn left - step forward on left, turn ½ turn left - step back on right

ROCK BACK LEFT, ROCK FORWARD RIGHT, ROCK FORWARD LEFT, ROCK BACK RIGHT, COASTER STEP, TURN ¼ LEFT - STEP RIGHT TO SIDE, LEFT TOGETHER

1-4 Rock back on left, rock forward on right, rock forward on left, rock back on right
5&6-7-8 Left coaster step, turn ¼ turn left - step right to right side, left together (take weight on left)

ROCK FORWARD RIGHT, ROCK BACK LEFT, JUMP BACK & TOGETHER HOLD X 3

1-2&3-4 Rock forward on right, rock back on left, jump right back & left together, click
&5-6&7-8 Jump left back & right together, click, jump right back & left together, click

ROCK BACK LEFT, ROCK FORWARD RIGHT, PIVOT RIGHT ½ TURN, CHA-CHA ¾ TURN RIGHT, ROCK BACK RIGHT, ROCK FORWARD LEFT

1-4 Rock back on left, rock forward on right, step forward on left, pivot ½ turn right
5&6-7-8 Turning ¾ turn right - cha-cha (left, right, left), step back on right, forward on left

REPEAT

