

First To Let Go

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK)
音樂: The First to Let Go - SHeDAISY



¼ TURN TWINKLE, BACK, SIDE, CROSS

- 1 Step forward on left foot beginning an 1/8th of a turn left
- 2 Step forward on right foot continuing 1/8th of a turn left
- 3 Step forward on left foot (now facing 9:00)
- 4 Step back on right foot
- 5 Step left foot to left side
- 6 Cross right foot over left

¼ STEP, FULL TURN SPIRAL, ROCK FORWARD, RECOVER, STEP BACK

- 1 Make a ¼ turn left and step forward on left foot
- 2 Step right foot forward and slightly in front of left
- 3 Unwind a full turn spiral left, leaving weight on right foot
- 4 Rock forward on left foot
- 5 Recover weight onto right foot
- 6 Step back on left foot

½ TURN, STEP PIVOT ½ TURN, STEP, STEP PIVOT ½ TURN

- 1 Make a ½ turn right and step forward on right foot
- 2 Step forward on left foot
- 3 Pivot ½ turn right (weight ends on right)
- 4 Step forward on left
- 5 Step forward on right
- 6 Pivot ½ turn left (weight ends on left)

STEP, ½ TURN STEP BACK, STEP BACK, BACK, SIDE, IN PLACE

- 1 Step forward on right foot
- 2 Make a ½ turn right and step back on left foot
- 3 Step back on right foot
- 4 Step back on left foot
- 5 Step right foot out to right side
- 6 Step left foot in place

CROSS, CHASSE, CROSS ROCK, RECOVER, SIDE

- 1 Cross right foot over left foot
- 2&3 Step left foot to left side, step right foot next to left, step left foot to left side
- 4 Cross rock right foot over left foot
- 5 Recover weight onto left foot
- 6 Step right foot to right side

DIAGONAL CROSS, SIDE, BEHIND, BEHIND, SIDE, CROSS

- 1 Heading towards right diagonal (7:30) step left foot forward
- 2 Step right foot to right side
- 3 Cross left foot behind right
- 4 Step back on right foot straightening up to 6:00
- 5 Step left foot to left side facing 4:30
- 6 Cross right foot over left foot

DIAGONAL CROSS, SIDE, BEHIND, BEHIND, SIDE , CROSS

- 1 Straightening up to 3:00 step forward on left foot
- 2 Step right foot to right side facing 1:30
- 3 Cross left foot behind right foot
- 4 Straightening up to 12:00 step back on right foot
- 5 Make a $\frac{1}{4}$ turn left as you step left foot to left side (now facing 9:00)
- 6 Cross right foot over left foot

$\frac{1}{4}$ TURN TWINKLE, CROSS ROCK, RECOVER, TOGETHER

- 1 Make a $\frac{1}{4}$ turn left and step forward on left foot
- 2 Step right foot to right diagonal
- 3 Step left foot to left side
- 4 Cross rock right foot over left foot
- 5 Recover weight onto left foot
- 6 Step right foot together, next to left

REPEAT
