

Let Me Let Go

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - November 2007
音樂: Let Me Let Go - Michael Jackson : (New single 07)



You start the dance at facing 12 O Clock Intro 16 count after Yeh Yeh Yeh Oeh Girl

(1-8) JUMP BOTH FEET APART CLOSE AND KICK FWD, TOUCH, CROSS, 2X STEP FWD DIAGONAL, HITCH, SAILOR CROSS

- 1&2&3 Rf + Lf jump with both feet apart, Rf close, Kick Lf forward, Lf hitch next R knee and touch Lf to the left weight onto Rf
4 Step Lf across Rf weight onto Lf (12:00)
5&6 Step Rf diagonal forward, step Lf diagonal forward, make a hitch with R knee (1:30)
7&8 Step Rf behind Lf, step Lf to the left, step Rf across Lf weight onto both feet (12:00)

(9-16) 2X SISSOR CROSS, 1/4 SISSOR STEP FWD, 1/4 PADDEL TURN, 1/4 PADDEL TURN

- 1&2 Rock Lf to the left, Rf recover, step Lf across Rf weight onto Lf (12:00)
3&4 Rock Rf to the right, Lf recover, step Rf across Lf, weight onto Rf
5&6 Step Lf to the left, Rf recover with 1/4 turn right, step Lf forward, weight onto Lf (3:00)
7-8 1/4 turn left and touch Rf to the right, 1/4 turn left and touch Rf to the right weight onto Lf (9:00)

(17-24) ROCKING CHAIR, LOCK SHUFFLE FWD, 1/4 SISSOR CROSS, 1/2 TRIPLE TURN, TOGETHER

- 1&2 Step Rf forward, Lf recover, step Rf back, weight onto Rf
3&4 Step Lf forward, lock Rf behind Lf, step Lf forward, weight onto Lf (9:00)
5&6 Step Rf to the right with 1/4 turn left, Lf recover, step Rf across Lf weight onto Rf
7-8 Step Lf back with 1/2 turn right, step Rf to the right, Step Lf next Rf take weight onto Lf (12:00)

(25-32) SIDE ROCK / RECOVER 1/4 TURN. STEP FWD, 3/4 TURN HITCH, SYCOPATED WEAVE RIGHT

- 1-2 Step Rf to the right, Lf recover with 1/4 turn left, weight onto Lf (9:00)
3-4 Step Rf forward, 3/4 turn left and make hitch with your L knee, holding weight onto Rf (12:00)
5&6& Step Lf behind Rf, step Rf to the right, and step Lf across Rf, step Rf to the right weight onto Rf
7&8 Step Lf behind Rf, step Rf to the right, step Lf across Rf, weight onto Lf (12:00)

(33-40) SIDE ROCK AND SIDE, SAILOR CROSS, FULL SWEEP TURN, SAILOR CROSS

- 1-2&3 Step Rf to the right, rock Lf behind Rf, Rf recover, Lf step to the left weight onto Lf
4&5 Step Rf behind Lf, step Lf to the left, step Rf across Lf take weight onto both feet
6 Rf+Lf make a full turn left, and sweep your Lf from front to back weight onto Rf
7&8 Step Lf behind Rf, step Rf to the right, step Lf across Rf weight onto Lf (12:00)

(41-48) SIDE ROCK AND SIDE, SAILOR CROSS, 3/4 SWEEP TURN, SAILOR CROSS

- 1-2&3 Step Rf to the right, rock Lf behind Rf, Rf recover, Lf step to the left weight onto Lf
4&5 Step Rf behind Lf, step Lf to the left, step Rf across Lf take weight onto both feet
6 Rf+Lf make a 3/4 turn left, and sweep your Lf from front to back weight onto Rf (3:00)
7&8 Step Lf behind Rf, step Rf to the right, step Lf across Rf weight onto Lf (3:00)

TAG: At the 4th wall you get a tag in the music after the count 41 t/m 48,
Then you repeat the steps 41 t/m 48. After that you start again with the first section.

HAVE FUN

