

Let U Go

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sadiyah Heggernes (NOR/UK) - October 2009
音樂: Shoulda Let U Go (feat. Good Charlotte) - Sean Kingston : (CD: Tomorrow)



48 Count Intro – start on main vocals

Section 1: Walk, Walk, Kick Ball Step, Ball Touch, Paddle ½ Turn

1-2 Walk forward right - left
3&4 Kick right forward. Step right beside left. Step left forward
&5-6 Small step right beside left. Touch left forward. ¼ turn right on ball of right
7-8 Touch left forward. ¼ turn right on ball of right (weight on right) 6:00

Section 2: Step, Touch, ¼ Turn, Shuffle Forward, Touch, Flick, ¼ Turn into Cross Shuffle

1-2 Step back on left. Touch right beside left
3&4 1/ 4 turn right step forward on right. Close left beside right. Step forward on right 9:00
5-6 Touch left forward. Flick left out & make ¼ turn right on ball of right 12:00
7&8 Cross left over right. Step right to side. Cross left over right

Section 3: Heel Swivels 1/2 Turn, Hold, Ball Cross, Hold, Chasse Right

1-2 Swivel heels to left making ¼ turn right. Swivel heels to right 3:00
3-4 Swivel heels to left making ¼ turn right. (weight on left) Hold 6:00
&5-6 Small step right beside left. Cross left over right. Hold
7&8 Step right to side. Close left beside right. Step right to side

Section 4: ½ Pivot, ½ Turn, Back, Side Rock, Sailor Step

1-2 Step forward on left. ½ pivot right 12.00
3-4 ½ turn right step back on left. Step back on right 6:00
5-6 Rock left to side. Recover weight on right.
7&8 Cross left behind right. Step right to side. Step left in place

Section 5: Stomps, Coaster ¼ Turn, Stomps, Coaster Step

1-2 Stomp right beside left. ¼ turn right on ball of left. Kick right forward 9:00
3&4 Step back on right. Step left beside right. Step forward on right
5-6 Stomp left beside right . ¼ turn left on ball of right. Kick left forward 6:00
7&8 Step back on left. Step right beside left. Step forward on left

Section 6: Rocking Chair, Skates x 2, Kick Ball Change

1-2 Rock forward on right. Rock back onto left
3-4 Rock back on right. Rock forward onto left
5-6 Skate forward right –left
7&8 Kick right forward. Step right beside left. Step left beside right