

# Let it Out

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mark Furnell (UK) - July 2010  
音樂: Let It Out (feat. Snoop Dogg) - Charlie Wilson : (CD: Uncle Charlie)



## (1-8) Skate, Skate, Chasse Right, Point, Point, Kick ball point

1,2      Skate Rt to Rt, Skate Lt to Lt,  
3&4      Step Rt to Rt, Close Lt to Rt, Step Rt to Rt making 1/8 turn right  
5,6      Point Lt Toe Fwd, Point Lt Toe Back  
7&8      Kick Lt forward, Step Lf next to Rt, Point Rt toe to Rt side

Section 5-6 is all done facing the right diagonal.

Section 7&8 straighten up facing 12o'clock.

## (9-16) Cross, Quarter turn, Quarter turn, Rock step, Back, Coaster Step

1,2      Cross Rt over Left, Step back Lt making ¼ turn Rt  
3,4      Step fwd Rt making ¼ turn Rt, Rock Fwd Lt  
5,6      Rock back Rt, Step back Lt  
7&8      Step back Rt, Close Lt to Rt, Step fwd Rt

## (17-24) Stomp, Hold, Ball step kick, Cross back side, syncopated rock

1,2      Stomp Lt forward, Hold  
&3,4      Step Rt next to Lt, Step Lt forward, Kick Rt forward  
5&6      Cross Rt over Lt, Step back Lt, Step Rt to Rt side making 1/8 turn Rt  
7&      Rock Lt across Rt, Rock back Rt  
8&      Rock back on Lt, Rock fwd Rt

Section 6 to 8 is all done facing the right diagonal.

## (25-32) Cross, Quarter turn, Quarter turn, Touch, Big Step right, Touch, Quarter, Touch

1,2      Cross Lt over Rt, Step side Rt making ¼ turn Lt  
3,4      Step Lt to Lt, making ¼ turn Lt, Touch Rt to Lt  
5,6      Large step to Rt, touch Lt toe behind Rt heel  
7,8      Step side Lt making ¼ turn left. Touch Rt to Lt

(On count 1 Straighten up facing 6'clock)

Happy Dancing.....

Choreographer

Mark Furnell Email: [marksfurnell@yahoo.co.uk](mailto:marksfurnell@yahoo.co.uk) Website: [www.freewebs.com/markfurnell](http://www.freewebs.com/markfurnell)