

Let It Be

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 2 級數: Advanced NC2S
編舞者: Rachael McEnaney (USA) - January 2011
音樂: Let It Be - Katie Stevens : (Album: American Idol Season 9)



Count In: 16 counts from start of track – dance begins on vocals

[1 – 8] R forward rock, ½ turn R, L forward rock, ¼ turn L, step forward R, ½ chase pivot, full turn to L,

- 1, 2 & 3 Rock forward on right (1), recover weight onto left (2), make ½ turn right stepping forward on right (&), rock forward on left (3) 6.00
- 4 & 5 Recover weight onto right (4), make ¼ turn left stepping forward on left (&), step forward on right (5) 3.00
- 6 & 7 Step forward on left (6), pivot ½ turn right (&), step forward on left (7) 9.00
- 8 & Make ½ turn left stepping back on right (8), make ½ turn left stepping forward on left (&) 9.00
- Easy 8& Walk forward right (8), walk forward left (&)**

[9 – 16] R lock step forward, step L ½ pivot turn to R, full turn R travelling forward, ¼ turn R doing L basic, R sweep, cross R, side L, touch R.

- 1 & 2 Step forward on right (1), step left next to & slightly behind right (&), step forward on right (2) 9.00
- & 3 Step forward on left (&), pivot ½ turn right (3) 3.00
- 4 & Make ½ turn right stepping back on left (4), make ½ turn right stepping forward on right (&) 3.00
- 5 6 & Make ¼ turn right taking big step to left side (5), rock back on right (6), recover weight forward onto left (&) 6.00
- 7 & 8 & Sweep right foot round bending left knee (7), cross right over left (&), step left to left side (8), touch right next to left – this touch action is more a drag towards the left foot if you bend both knees on this count and push off left to create next step (&) 6.00

[17 – 24] R nightclub basic, ¼ turn R into L nightclub basic, 2x ¼ turns L, 1/8 run R L, R mambo with L sweep

- 1, 2 & Take big step to right side (1), rock back on left (2), recover weight forward onto right (&), 6.00
- 3, 4 & Make ¼ turn right taking big step to left side (3), rock back on right (4), recover weight forward on to left (&) 9.00
- 5 & Make ¼ turn left stepping back on right (5), make ¼ turn left stepping left to left side (&) 3.00
- 6 & Make 1/8 turn left stepping forward on right (6), step forward on left (&) 1.30
- 7 & 8 Rock forward on right (7), recover weight onto left (&), step back on right as you sweep left leg around from front to back (8) 1.30

[25 – 32] Step back L sweeping R, weave behind with 3/8 turn R, L side rock cross (fwd), full turn travelling fwd

- 1 Step slightly back on left bending knee and sweeping R foot around from front to back (1) 1.30
- 2 & 3 Cross right behind left (2), make 1/8 turn right stepping left to left side (&), cross right over left (3) 3.00
- & 4 & Make 1/8 turn right stepping left to left side (&), cross right behind left (4), make 1/8 turn right stepping left to left side (&) 6.00
- 5 Cross right over left (5) 6.00

NOTE: Counts 2 – 5 is a syncopated weave crossing R behind first as you make 3/8 turn (may not be necessary to break down into the 1/8 turns – think of it as a turning weave)

- 6 & 7 Rock left to left side (6), recover weight to right (&), Step left foot forward and slightly across right (7) 6.00
- 8 & Make ½ turn left stepping back on right (8), make ½ turn left stepping forward on left (&) (easy: walk R L) 6.00

START AGAIN, HAVE FUN!

Contact: www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
