

Let It All Go

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Matthew Grocott (UK) - June 2012
音樂: Let It Go - Alexandra Burke



Start on vocals

S1: Side Shuffle Right, Rock, Recover, ¼ Turn R, Touch, ¼ Side Shuffle

1&2 Step right to right side, Step left next to right, Step right to right side
3-4 Rock back on left, Rock forward on right
5-6 ¼ Right stepping back on left, Touch right next to left
7&8 ¼ Right stepping right to right side, step left next to right, Step right to right side

S2: Rock, Recover, L back shuffle, R back shuffle, L toe point, L point side

1-2 Rock forward on left, Rock back on right
3&4 Step back on left, Step right next to left, Step back on left
5&6 Step back on right, Step left next to right, step back on right
7-8 Point left toe in front right, Point left toe to left side

S3: ¼ L sailor, Full turn left, R mambo step, L toe point, L point side

1&2 Left behind right, Step right to right side, Step left next to right
3-4 ½ Left stepping back on right, ½ left stepping on forward on left
5-6 Rock forward on right, Rock back on left, Step back on right
7-8 Point left toe in front right, Point left toe to left side

S4: ¼ L sailor, Full turn left, ¼ R jazz box, Step forward

1&2 Left behind right, Right to right side, Step left next to right
3-4 ½ Left stepping back on right, ½ Left stepping forward on left
5&6 Cross right over left, ¼ Turn right stepping back on left, Step right to right side
7 Step forward on right
8 Hold

S5: R grapevine, Touch, skates left right, Rock, Recover

1&2 Step right to right side, Step left behind right, Step right to right side
3 Touch left next to right
4-5 Skate left, Skate right
6-7 Skate left, Skate right
8& Rock forward on left, Rock back on right

S6: ½ Turn L shuffle, Step ½ turn L, Step out, knee bends, Hold

1&2 ½ Turn left stepping left, right, left
3-4 Step forward on right, ½ turn left
5-6 Step right out right side, Step left out left side
7&8 bend right knee inward, Bend left knee inward, Bend right knee inward
& Hold

Restart 1: After 32 counts which u will end up on wall 3 start dance again.

Restart 2: After 32 counts which u will end up on wall 4 start dance again.

Tag 1 : After 48 Counts which u will end up on wall 7

Rocking Chair, Full Turn, Easy Come Easy Go Steps, Hold

1-2 Rock forward on right, Rock back on left
3-4 Rock back on right, Rock forward on left

5-6 Step forward on right ½ left
7-8 Step forward on right ½ left
& Hold

Restart 3: After 22 counts which u will end up on wall 8 start dance.
