

Let It All Go

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - June 2012
音樂: Let It Go - Alexandra Burke : (Single)



Intro: 16 Counts

Rock Back, ¼ L Point R, ¼ R Step Fwd, Step Pivot ½ Turn R, Shuffle ½ Turn R

1-2 Rock Back on R, Recover on L
3-4 ¼ Turn Left Point R to Right Side, ¼ Turn Right Step Fwd on R (12:00)
5-6 Step Fwd on L, Pivot ½ Turn Right (6:00)
7&8 ¼ Turn Right Step L to Left Side, Step R Next to L, ¼ Turn Right Step Back on L (12:00)

¼ R Side, Point, ¼ L Kick & Side Rock, Recover with Flick, Chasse 1/4 L

1-2 ¼ Turn Right Step R to Right Side, Point L to Left Side (3:00)
3 ¼ Turn Left Step Fwd on L (12:00)
4& Kick R Fwd, Step R Next to L
5-6 Rock L to Left Side (dip down), Recover on R Flicking L Behind R (come up again)
7&8 Step L to Left Side, Step R Next to L, ¼ Turn Left Step Fwd on L (9:00)

Cross, Back, Back, Cross, Back, Side, Cross Shuffle

1-2 Cross R Over L, Step Back on L (slightly to L Diagonal)
3-4 Step Back on R (slightly to R Diagonal), Cross L Over R (body facing R Diagonal)
5-6 Step Back on R (straighten up to 9:00), Step L to Left Side
7&8 Cross R Over L, Step L to Left Side, Cross R Over L

Side Rock, Full Turn L, Behind, ¼ R, Step Pivot ½ Turn R

1-2 Rock L to Left Side, Recover on R
3-4 ½ Turn Left Step L to Left Side, ½ Turn Left Step R to Right Side (9:00)
5-6 Step L Behind R, ¼ Turn Right Step Fwd on R (12:00)
7-8 Step Fwd on L, Pivot ½ Turn Right (6:00)

Side, Hold, & Side, Hold, & Side, Touch, Kick-Ball-Cross

1-2 Step L to Left Side, Hold
&3-4 Step R Next to L, Step L to Left Side, Hold
&5-6 Step R Next to L, Step L to Left Side, Touch R Next to L
7&8 Kick R to Right Diagonal, Step R Next to L, Cross L Over R

Side Rock, ¼ R Shuffle, ¼ R Side Rock, ¼ L Shuffle Fwd

1-2 Rock R to Right Side, Recover on L
3&4 ¼ Turn Right Shuffle Fwd Stepping R, L, R (9:00)
5-6 ¼ Turn Right Rock L to Left Side, Recover on R (12:00)
7&8 ¼ Turn Left Shuffle Fwd Stepping L, R, L (9:00)

Step Pivot ½ Turn L, Full Turn L, Shuffle Fwd, Step Fwd, Together

1-2 Step Fwd on R, Pivot ½ Turn Left (3:00)
3-4 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (3:00)
5&6 Shuffle Fwd Stepping R, L, R
7-8 Step Fwd on L, Step R Next to L

Back, Hold, & Cross, Back, Coaster Step, Rock Fwd

1-2 Step Back on L, Hold (dragging R backwards)

&3-4 Step on Ball of R to Right Back Diagonal, Cross L Over R, Step Back on R
5&6 Step Back on L, Step R Next to L, Step Fwd on L
7-8 Rock Fwd on R, Recover on L

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