

# Let It All Out (Tonight Tonight)

COPPERKNOB  
STEPPERS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Johanna Barnes (USA) - 2011  
音樂: Tonight Tonight - Hot Chelle Rae



Intro: 4 counts including "Uno, dos, tres,"  
Count 1 is the on the word "really"

## [1~8]: TOUCH CROSSES, MAMBOS

1            R touch to R side  
2            R step across L  
3            L touch to L side  
4            L step across R  
5            R push step forward  
&            recover weight back on L  
6            R step back  
7            L push step back  
&            recover weight forward on R  
8            L step forward

## [9~16]: ROCK- ¼ RECOVER R, TRIPLE ¼ R, STEP ½ TURN R, WALK L, WALK R

1            R push step forward  
2            recover weight back and ¼ R onto L (3:00)  
&            R step to R side  
3            L step next to R  
4            R forward step ¼ R (6:00)  
5            L step forward  
6            ½ right turn onto R (12:00)  
7            L step forward  
8            R step forward

## [17~24]: L WALK, BOUNCE, JAZZ BOX, R HITCH, TOUCH BEHIND

1            L forward step to L diagonally toward 10:00, open hips L to 10:00, shoulders toward 12:00  
2            R step forward, toward 10:00  
3            touch L forward, keep weight more R, bend knees, small 'squat' to start bounce  
&            push up, straightening knees, pulse hands downward from elbows  
4            bend knees again, finishing bounce, weight R  
5            L step forward, toward 10:00  
6            R step forward and across to start rotation R  
7            L step to L side, slightly back, □square up to face 12:00  
&            hitch R knee up, draw right shoulder up  
8            R touch behind L, drop right shoulder

## [25~32]: R WALK, HIP THRUST, JAZZ BOX, KNEE FANS

1            R forward step to R diagonally toward 2:00 open hips R to 2:00, shoulders follow  
2            L step forward, toward 2:00  
3            touch R forward, pushing hips forward  
&            push hips back  
4            push hips forward taking weight on R  
5            L step forward and across to start rotation L  
6            R small step back, begin to square to 12:00  
7            L step next to R, square up to face 12:00

& with feet together, lift heels to push knees out to sides, slight bounce  
8 close knees, return to center (weight L\*)

**\*except on 3rd sequence, weight R and**

**\*REPEAT steps 17-32, then RESTART from 1**

**[33~40&]: R CROSS, L ¼ BACK, ¾ R CHASE TURN, PUSH-RECOVER-SWITCH x2**

1 R cross over L  
2 L step back and ¼ R (3:00)  
3 R forward step ¼ R (6:00)  
& L step forward (6:00)  
4 ½ R, stepping R forward (12:00)  
5 L push step forward  
6 recover weight back onto R  
& L step next to R  
7 R push step forward  
8 recover weight back onto L  
& R step next to L

**[41~48]: FORWARD FOOT BOOGIES, STEP R, DOUBLE SAILOR STEPS, L BEHIND**

1 L heel step forward, toes fan L (out) R stays ball of foot, heel fan L (in)  
& L toes back to center, release R  
2 R heel step forward, toes fan R (out) L stays ball of foot, heel fan R (in)  
& R toes back to center, release L  
3 L heel step forward, toes fan L (out) R stays ball of foot, heel fan L (in)  
& L toes back to center, release R  
4 R small step fwd and slightly R  
5 L step behind R  
& R small step to R side  
6 L small step to L side  
& R step behind L  
7 L small step to L side  
& R small step to R side  
8 L step behind R

**[49~56]: ¼ R, L FWD STEP, ½ R, ½ PENCIL TURN R, R FWD STEP, L FWD ROCK-RECOVER, L COASTER STEP**

1 R forward step ¼ R (3:00)  
2 L small step forward  
3 ½ turn R onto R (9:00)  
& ½ turn R, step L next to R (3:00)  
4 R step forward  
5 L rock step forward  
6 recover weight back onto R  
7 L step back  
& R step next to L (take weight R)  
8 L step forward

**[57~64]: R FWD ROCK-RECOVER, TRIPLE ½ R, L FWD ROCK-RECOVER, L ¼ SAILOR STEP**

1 R rock step forward  
2 recover weight back onto L  
3 R step ¼ to R side (6:00)  
& L step next to R  
4 R forward step ¼ R (9:00)  
5 L rock step forward

- 6 recover weight back onto R
- 7 L sweep step behind R, making 1/8 turn L
- & R step center, while make 1/8 turn L (6:00)
- 8 L step center/ slightly forward

**(BEGIN AGAIN, and most certainly DWYF!)**

**\*For the 3rd wall/sequence, dance counts 1-32, repeat counts 17-32, then Restart the dance from count 1.**

**(1st wall starts at 12:00. 2nd wall starts at 6:00. 3rd wall starts at 12:00, repeating counts 17-32 so that you have done these counts two consecutive times through, then resetting the dance back at count 1 so that you are now starting the 4th wall still at 12:00...)**

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