

Let It Go

拍數: 100 牆數: 2 級數: Phrased Intermediate
編舞者: Deshimona (INA) & Monday Class - August 2014
音樂: Let It Go - Idina Menzel : (Album: Frozen OST)



Monday Class (Nenny, Asih, Ranny, Nurul, Sari, Susan, Hottie, Yeni, Iir & Achie),

Intro 32 counts - Sequence : A A* A A* A** A TAG B A A(Ending)

PART A (32 counts)

Section A1 (1-8): Forward, Cross, Side, Behind, Turn ¼ R Forward, Turn ¼ R Side, Sway

1 2 Step R forward (1), step L forward (2) [12.00]
3&4 Step R cross over L (3), step L to L side (&), step R behind L and sweep L foot from out to back (4)
5&6 Step L behind R (5), turn ¼ R and step R forward (&) [03.00], turn ¼ R and step L to L side (6) [06.00]
7 8 Sway R (7), sway L (8) [06.00]

Section A2 (9-17): Basic Night Club, Forward, Recover, Turn ½ L Forward, Full Turn L

1 2& Large step to R (1), step L on ball behind R (2), step R cross over L (&) [06.00]
3 4&5 Large step to L (3), step R on ball behind L (4), step L cross over R (&), step R forward (5) [06.00]
6&7 Step L forward (6), recover on R (&), turn ½ L step L forward (7) [12.00]
8&1 Turn ½ L step back on R (8), turn ½ L step L forward (&), step R forward (1) [12.00]

Section A3 (18-25): Skate, Coaster Step, Back, Sweep, Turn ¼ R Sailor Step

2 3 Skate to the L (2) (**RESTART here on wall 5) , skate to the R (3) [12.00]
4&5 Step back on L (4) (*RESTART here on wall 2 & 4) , step R next to L (&), step L forward (5) [12.00]
6 7 Recover on R and sweep L foot from front to back (6), step back on L and sweep R foot from front to back (7) [12.00]
8&1 Turn ¼ R and step R behind L, step L to L side (&), step R to R side (1) [03.00]

Section A4 (26-32): Cross, Recover, Forward, Recover, Turn ¾ L, Side, Recover

2&3 Step L cross over R (2), recover on R (&), step L to L side (3) [03.00]
4&5 Step R cross over L (4), recover on L (&), step R to R side (5) [03.00]
6&7 Step L forward (6), recover on R (&), turn ¾ L step L forward (7) [06.00]
8& Step R to R side (8), recover on L (&) [06.00]

RESTART :

* On wall 2 & 4, after count 20

**On wall 5 , after count 18

TAG: after wall 6, 4 counts :

1 2 3 4 Step R forward (1), step L forward (2), Step R forward (3), turn ½ L and step L forward (4)

PART B (68 counts)

Section B1 (1-8) : Syncopated Vine, Touch, Hold

1 2 3 4 Step R to R side (1), step L behind R (2), step R to R side (3), step L cross over R (4) [12.00]
5 6 7 8 Step R to R side (5), step L behind R (6), touch R to R side (7), hold (8) [12.00]

Section B2 (9-16) : Jazz Box Turn ¼ R (2x)

1 2 3 4 Step R cross over L (1), step back on L (2), turn ¼ R and step R forward (3), step L forward (4) [03.00]

5 6 7 8 Step R cross over L (5), step back on L (6), turn ¼ R and step R forward (7), step L forward (8) [06.00]

Section B3 (17-24) & B4 (25-32)
REPEAT SECTION 1 & 2 PART B

Section B5 (33-40) : Step Lock Diagonal R, Scuff, Step Lock Diagonal L, Scuff

1 2 3 4 Step R diagonal R (body facing 01.30) (1), step L behind R (2), step R forward (3), scuff L foot (4) [01.30]

5 6 7 8 Step L diagonal L (body facing 10.30) (5), step R behind L (6), step L forward (7), scuff R foot (8) [10.30]

Section B6 (41-48) : Turn 1/8 L Step Lock Diagonal R, Scuff, Step Lock Diagonal L, Scuff

1 2 3 4 Turn 1/8 L and step R diagonal R (body facing 10.30) (1), step L behind R (2), step R forward (3), scuff L foot (4) [10.30]

5 6 7 8 Step L diagonal L (body facing 07.30) (5), step R behind L (6), step L forward (7), scuff R foot (8) [07.30]

Section B7 (49-56) : Scissor, Hold (2x)

1 2 3 4 Turn 1/8 L Step R to R side (1), step L next to R (2), step R cross over L (3), hold (4) [06.00]

5 6 7 8 Step L to L side (5), step R next to L (6), step L cross over R (7), hold (8) 06.00]

Section B8 (57-64) : Back Diagonal, Hold, Forward Diagonal, Hold

1 2 3 4 Step back on R diagonal L (1), step back on L (2), step back on R (3), hold (4) [04.30]

5 6 7 8 Step L forward diagonal L (5), step R forward (6), step L forward (7), hold (8) [01.30]

Section B9(65-68) : Sway

1 2 3 4 Step R to R side (facing 12.00) (1), hold (2), recover on L (3), hold (4) [12.00]

ENDING : Part A wall 9 [06.00]

1 2 Step R forward (1), step L forward (2) [06.00]

3&4 Step R cross over L (3), turn ¼ R and step back on L (&), turn ¼ R and step R to R side [[12.00]]

HAPPY DANCING !!

Thank you to my students, you're so great, making this dance together.... I'm so proud to all of you.

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