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| Loslassen (Let Go) |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Claudia Arndt (DE) - June 2021 |
| **Music:** | Wahrheit schmerzt - Kerstin Ott |
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**Intro: Start dancing on lyrics „Es ist Zeit".**

**Section 1: Rumba box: Side r, together, step forward, touch, side l, together, back, touch**

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| 1-2 | Step R to ride side, step L next to R |

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| 3-4 | Step R forward, touch L beside R |

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| 5-6 | Step L to left side, step R next to L |

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| 7-8 | Step L back, touch R beside L |

**(Restart: In wall 8; 12:00) - here start over from the beginning**

**Section 2: Grapevine with touch, grapevine with ¼ turn l, hold**

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| 1-2 | Step R to right side, cross L behind R |

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| 3-4 | Step R to right side, touch L beside R |

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| 5-6 | Step L to left side, cross R behind LF |

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| 7-8 | Turn ¼ left and step L forward, hold (9:00) |

**Section 3: Step, pivot ½, turn ¼ left, hold, slow coaster step, touch**

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| 1-2 | Step R forward, turn ½ left on both balls (weight on L, 3:00) |

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| 3-4 | Turn ¼ left and step R to right side, hold (12:00) |

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| 5-6 | Step L back, step R beside L |

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| 7-8 | Step L forward, touch R beside L |

**(Restart: In wall 6; 6:00) - here start over from the beginning**

**Section 4: Steps diagonally forward + back (r, l, r, l) with touches**

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| 1-2 | Step R diagonally forward, touch L beside R |

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| 3-4 | Step L diagonally back, touch R beside L |

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| 5-6 | Step R diagonally back, touch L beside R |

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| 7-8 | Step L diagonally forward, touch R beside L |

**Section 5: Step lock step forward, brush, r + l**

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| 1-4 | Step R forward, cross L behind R, step R forward, brush L forward |

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| 5-8 | Step L forward, cross R behind L, step L forward, brush R forward |

**Section 6: Step, pivot ½ l, step, hold, ½ turn r, step forward, hold**

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| 1-2 | Step R forward, turn ½ left on both balls (weight on L, 6:00) |

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| 3-4 | Step R forward, hold |

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| 5-6 | Turn ½ right and step L back, turn ½ right and step R forward |

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| 7-8 | Step L forward, hold |

**Section 7: Rocking chair, step, pivot ½ l, step, pivot ½ l, hold**

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| 1-2 | Step R forward, weight back on L |

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| 3-4 | Step R back, weight back on L |

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| 5-6 | Step R forward, turn ½ left on both balls, weight back on L (12:00) |

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| 7-8 | Step R forward, turn ½ left on both balls, weight stays on R (6:00) |

**Section 8: Slow coaster step, hold, rock forward, touch hold**

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| 1-2 | Step L back, step R beside L, step L forward |

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| --- | --- |
| 3-4 | Step L forward, hold |

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| --- | --- |
| 5-6 | Step R forward, weight back on L |

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| 7-8 | Touch R beside L, hold |

**Start dance from the beginning.**

**Tag: At the end of the 3rd wall (6:00)**

**Rumba Box: Side r, together, step forward, touch, side l, together, back, touch**

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| 1-8 | Repeat section 1 |

**Have fun dancing!**

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**Last Update - 26 June 2021**