Be You (Let It Go)

Count: 48 **Wall:** 2 **Level:** Intermediate / Advanced
Choreographer: Johanna Barnes (USA) - May 2016
Music: Let It Go - James Bay

(16 count intro to start)
Interpretation: Counts have been simplified for some areas of movement in order to allow for a cleaner cue sheet.
(Clock notation begins on your start wall as 12:00. Each phrase will carry a new 12:00 start wall, ½ right of the previous phrase.)

[1~8]: ☐STEP ¼ CROSS, BACK-SWEEP, BEHIND-SIDE-STEP TO DIAGONAL, STEP ½ TURN, ARC-A-ROUND

1 & 2	R step forward (1); ¼ turn left, weight onto L [9:00] (&); R step across L (2)
0a - 3	L steps back as you over-rotate ¼+ right [1:00] (a) and sweep R clockwise (draw on the floor) (a – 3)
4 & 5, 6	R cross step behind L (4); L step out open to left side toward diagonal [11:00] (&); R step forward [toward 11:00] (5); make a ½ turn left, taking weight onto L [5:00] (6)
7 & 8	Rotating left in an arc* to 12:00: R step forward [5:00] (7); L step forward [2:00] (&); R step forward [12:00] (8)

***Styling Note: 'Push' through the steps on the arc-around, like a run around but perhaps more grounded.**

[9~16&]:☐LUNGE FORWARD-RETURN, WALK BACK x2, SIDE LUNGE-RETURN, TOGETHER, PULSE x2

1, 2	L lunge step forward, collapse upper body forward* (1); recover weight onto R as you pull back to upright* (2)
3, 4	L step back* (3); R step back* (4)
5, 6	L lunge step to left side, leading with hip then ribcage (5); recover weight onto R as you pull back upright* (6)
7, 8 &	L (collect) step next to R (7); pulse into knees weighted from hips, while slightly rotating right (8) then left (&)

***Styling Note: On forward lunge ('you be you'/ chorus): arms out, into palms out sweeping open movement to the front, then collect them in with bent elbows, rotating by the wrists to palms up, and drop them down by your sides. On side lunge (I'll be me): with your hand leading, scoop your left arm up by your shoulder and bring it down through your center.**
This entire count of 8 leaves an incredible amount of opportunity to lyrically interpret the music!

[17~24&]: ☐WALK x2, MAMBO ½ TURN, SLOW WALK CROSS/WALK CROSS*, CHASE ½ STARTER TURN

1, 2	R step forward (1); L forward (2)
3 & 4	R rock forward (3); recover step back on L making ¼ right (&); ¼ turn right stepping forward on R [6:00] (4)
5 - 7	L step forward/across R (5); hold (6); R step forward/across L (7)
8 &	L step forward (8); ½ turn right, pivoting so weight stays on R (or stepping forward on R) [12:00] (&)

***Note: The above is the simplest option for counts 5-8. There is opportunity to add syncopated chaine and/or pique turns or a combination of the slow walk and turns. Continue turning right after the ½ mambo to achieve some of these turn options, making sure to travel. Let the music guide you to explore more within this space from counts 5 – 8 &.**

[25~32&]: ☐CROSS ROCK-REC, SIDE, CROSS STEP-ROCK TO DIAGONAL, BACK x2, ROCK BACK-REC, STEP, PUSH ½ TURN, STEP FORWARD

1 & 2	L small rock across R (1); return weight to R (&); L step out 1/8 turn left to face diagonal [11:00] (2)
3, 4	push forward onto R [11:00] (3); return weight back onto L (4)

& 5	R step back (&); L step-rock back, rolling through the heel with hip, free the R (5)
6, 7	return weight forward onto R (6); L step forward (7)
8 &	push (just under a) ½ turn right onto R [toward 3:00] (8); L step forward/across [3:00] (&)

[33~40&]:☐SIDE STEP TOUCHES x2, PUSH BACK MINI SWEEP, SWEEP, BEHIND-SIDE STEP

1, 2, 3, 4	R step to right side (1); L touch next to R (2); L step to left side (3); R touch next to L (4)

The R/L steps on 1 and 3 should be done with a slight forward movement for comfort.

5 & 6 a-7	R rock/push forward (5); recover weight back to L (&); quick step back on R (small sweep if desired) (6); quick step back onto L with small clockwise sweep with R (sweep from the hip) (a -7)
8 &	R small cross step behind L (8); L step to left side, slightly open to left diagonal [1:00] (&)

[41~48&]:☐SLOW ROCK-REC, SIDE, CROSS, ¼ R, STACATTO TWIST x3 WITH PREP, ¾ SWEEP, STEP

1 - 2	R cross rock over L (1); recover weight stepping back on L, square to [3:00] (2)
& 3, 4	R step to right side (&); L step across R (3); make a ¼ right turn stepping R forward [6:00] (4)
5 & a	step L slight out to left side while pulsing weight/ribcage to left / arms up/elbows bent (think fighting stance) (5); pulse the same to R (&) pulse the same again to L, slightly farther left with upper body to prep (a)
6 - 7, 8	stepping open ¼ right onto R with slight press toward [9:00], make a ¾ turn right, bringing L around in a close sweep, then drawing next to R with no weight [6:00] (6-7); L step forward (8)

(BEGIN AGAIN, and most certainly DWYF!)

Styling note: Be You! This is contemporary and a 'Let It Go' lyrical approach to styling. Feel and hear the rhythm, accent the lyrics, accent the rhythm and beats. Feel free to create and emote! Once you are familiar with the track, the goal is for you to feel where the rushed and elongated counts occur. Add what you hear in the beats and the lyrics, where dance flow isn't compromised
(i.e. stepping on your dance floor neighbor).

Thank you for embracing this dance journey with me!

*****PLEASE USE THIS AS A RESOURCE ALONG WITH THE VIDEO POSTED ON MY YouTube PAGE!**

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