Count: 104
Wall: 1
Level: Phrased Advanced
Choreographer: EWS Winson (MY), Belle Lee (MY), Tan Lizzie (MY), Lee Hong (MY) \& Theresa Ooi Ghim Choon (MY) - May 2023
Music: Let It Out - Press Play


Intro : 16 counts in (Approx 0.08 sec )
Sequence : A, B, C, Tag, A, B, C, D, D, D, D, B, C, C, Ending

## Part A (32 counts)

\#A1 (1-8) R Side Rock \& Recover, R Behind, L Side, R Cross, L Side Rock \& Recover, L Behind, R Side, L Cross
1-2 Weight on LF: Rock RF to $R$ side (1), recover weight on LF (2) 12.00
$3 \& 4 \quad$ Cross RF behind LF (3), step LF to L side (\&), cross RF over LF (4) 12.00
5-6 Rock LF to $L$ side (5), recover weight on RF (6) 12.00
$7 \& 8 \quad$ Cross LF behind RF (7), step RF to $R$ side (\&), cross LF over RF (8) 12.00
\#A2 (9-16) R-L Forward Dorothy Steps, R Syncopated Rocking Chair, R Chase $1 / 2(L)$ with R Forward
1-2\& Step RF forward to R diagonal (1), lock LF behind RF (2), step RF forward to R diagonal (\&) 12.00

3-4\& Step LF forward to L diagonal (3), lock RF behind LF (4), step LF forward to L diagonal (\&) 12.00

5\&6\& Rock RF forward (5), recover weight on LF (\&), rock RF back (6), recover weight on LF (\&) 12.00

7\&8 Step RF forward (7), turn $1 / 2 L$ over $L$ shoulder (\&), step RF forward (8) 6.00
\#A3 (17-24) L Side Rock \& Recover, L Behind, R Side, L Cross, R Side Rock \& Recover, R Behind, L Side, R Cross
1-2 Rock LF to L side (1), recover weight on RF (2) 6.00
3\&4 Cross LF behind RF (3), step RF to R side (\&), cross LF over RF (4) 6.00
5-6 Rock RF to R side (5), recover weight on LF (6) 6.00
7\&8 Cross RF behind LF (7), step LF to L side (\&), cross RF over LF (8) 6.00
\#A4 (25-32) L-R Forward Dorothy Steps, L Syncopated Rocking Chair, L Chase $1 / 2(\mathrm{R}$ ) with L Forward

3-4\& $\quad$ Step RF forward to $R$ diagonal (3), lock LF behind RF (4), step RF forward to R diagonal (\&) 6.00

5\&6\& Rock LF forward (5), recover weight on RF (\&), rock LF back (6), recover weight on RF (\&) 6.00
$7 \& 8 \quad$ Step LF forward (7), turn $1 / 2 R$ over $R$ shoulder (\&), step LF forward (8) 12.00
Part B (32 counts)
\#B1 (1-8) R Modified Monterey $1 / 4$ (R) with L-R Toe Switches, R Knee Pop In, R Forward Diagonal Kick, R Sailor Forward
1-2 Point $R$ toes to $R$ side (1), turn $1 / 4 R$ closing RF next to LF (2) 3.00
$3 \& 4 \quad$ Point $L$ toes to $L$ side (3), close $L F$ next to $R F$ (\&), point $R$ toes to $R$ side (4) - $R$ knee is slightly popped outward 3.00
5-6 Pop $R$ knee in towards LF (5), recover $R$ knee while kicking $R F$ forward to $R$ diagonal (6) 3.00
$788 \quad$ Cross RF behind LF (7), step LF to L side (\&), step RF forward (8) 3.00
\#B2 (9-16) L Cross, R Side, L Sailor $1 / 2$ (L) with L Forward, R-L Forward Camel Walk, R Forward Mambo

| Close |  |
| :---: | :---: |
| 1-2 | Cross LF over RF (1), step RF to R side (2) 3.00 |
| $3 \& 4$ | Turn $1 / 2 L$ crossing LF behind RF (3), step RF to R side (\&), step LF forward (4) 9.00 |
| 5-6 | Step RF forward as you pop your $L$ knee forward (5), step LF forward as you pop your R knee forward (6) 9.00 |
| 7\&8 | Rock RF forward (7), recover weight on LF (\&), close RF next to LF (8) 9.00 |
| \#B3 (17-24) L Modified Monterey $1 / 4$ (L) with R-L Toe Switches, L Knee Pop In, L Forward Diagonal Kick, L Sailor Forward |  |
| 1-2 | Point $L$ toes to $L$ side (1), turn 1 ¹4 $L$ closing $L F$ next to RF (2) 6.00 |
| $3 \& 4$ | Point $R$ toes to $R$ side (3), close $R F$ next to $L F(\&)$, point $L$ toes to $L$ side (4) $-L$ knee is slightly popped outward 6.00 |
| 5-6 | Pop L knee in towards RF (5), recover L knee while kicking LF forward to L diagonal (6) 6.00 |
| 7\&8 | Cross LF behind RF (7), step RF to R side (\&), step LF forward (8) 6.00 |
| \#B4 (25-32) R Jazz Box 1/4 (R) with L Forward X2 |  |
| 1-4 | Cross RF over LF (1), turn $1 / 8 R$ stepping LF back (2), turn another $1 / 8 R$ stepping $R F$ to $R$ side (3), step LF forward (4) 9.00 |
| 5-8 | Cross RF over LF (5), turn $1 / 8 R$ stepping LF back (6), turn another $1 / 8 R$ stepping $R F$ to $R$ side (7), step LF forward (8) 12.00 |
| Part C (32 counts) |  |
| \#C1 (1-8) R-L Side Rock Crosses, L\&R 'T' Step, R Close |  |
| 1\&2 | Rock RF to R side (1), recover weight on LF (\&), cross RF over LF (2) 12.00 |
| 3\&4 | Rock LF to L side (3), recover weight on RF (\&), cross LF over RF (4) 12.00 |
| 5\&6\& | Swivel $L$ heel in and point $R$ toes to $R$ side (5), swivel $L$ toes in and lift $R$ knee beside LF (\&), swivel $L$ heel in and point $R$ toes to $R$ side (6), swivel $L$ toes in and lift $R$ knee beside LF (\&) 12.00 |
| 7\&8 | Swivel $L$ heel in and point $R$ toes to $R$ side (7), swivel $L$ toes in and lift $R$ knee beside $L F(\&)$, close RF next to LF (8) 12.00 |
| \#C2 (9-16) L-R Side Rock Crosses, R\&L 'T' Step, L Close |  |
| 1\&2 | Rock LF to L side (1), recover weight on RF (\&), cross LF over RF (2) 12.00 |
| 3\&4 | Rock RF to R side (3), recover weight on LF (\&), cross RF over LF (4) 12.00 |
| 5\&6\& | Swivel $R$ heel in and point $L$ toes to $L$ side (5), swivel $R$ toes in and lift $L$ knee beside $R F(\&)$, swivel $R$ heel in and point $L$ toes to $L$ side (6), swivel $R$ toes in and lift $L$ knee beside $R F$ (\&) 12.00 |
| 7\&8 | Swivel $R$ heel in and point $L$ toes to $L$ side (7), swivel $R$ toes in and lift $L$ knee beside $R F(\&)$, close LF next to RF (8) 12.00 |
| \#C3 (17-24) R-L Forward Walk, R-L Syncopated Out Steps, R Ball, L Cross, R Side, L Sailor Step, R Behind Touch |  |
| 1-2 | Step forward on RF and LF (1-2) 12.00 |
| \& $3 \& 4$ | Step RF to R side (\&), step LF to L side (3), step RF beside LF (\&), cross LF over RF (4) 12.00 |
| 5-6\&7 | Step RF to $R$ side (5), cross LF behind RF (6), step RF to $R$ side (\&), step LF to L side (7) 12.00 |
| 8 | Touch R toes behind LF (8) 12.00 |
| \#C4 (25-32) R-L Forward Hip Bumps, R Moonwalk 1/2 (L) X2 |  |
| 1\&2 | Touch R toes forward bumping hips forward (1), recover weight on LF bumping hips backward ( $\&$ ), bump hips forward stepping RF in place (2) 12.00 |
| 3\&4 | Touch $L$ toes forward bumping hips forward (3), recover weight on RF bumping hips backward ( $\&$ ), bump hips forward stepping LF in place (4) 12.00 |
| 5-6 | Press $R$ toes forward gliding LF back (5), turn $1 / 2 \mathrm{~L}$ stepping LF forward (6) 6.00 |
| 7-8 | Press R toes forward gliding LF back (7), turn $1 / 2 \mathrm{~L}$ stepping LF forward (8) 12.00 |

## Part D (8 counts)

\#D1 (1-8) Hand Movements, $1 / 4$ (L) with R Side, L Close
1\& Put $R$ hand down on $R$ side with palm facing front (1), put $L$ hand down on $L$ side with palm facing front (\&) 12.00
2\& Place $R$ hand on $L$ waist (2), place $L$ hand on $R$ waist (\&) 12.00
3\& Place $R$ hand on $R$ hip (3), place $L$ hand on $L$ hip (\&) 12.00
Place $R$ hand on $L$ shoulder (4), place $L$ hand on $R$ shoulder (\&) - $L$ hand is crossing over $R$ hand 12.00
5\& Place $R$ hand on $R$ shoulder (5), place $L$ hand on $L$ shoulder (\&) 12.00
6\&
Place $R$ hand on $R$ side of your head (6), place $L$ hand on $L$ side of your head (\&) 12.00
7\&
Place $R$ fist forward to $L$ diagonal (7), place $L$ fist forward to $R$ diagonal ( \&) $-L$ hand is crossing over $R$ hand 12.00
8\& $\quad$ Turn $1 / 4 \mathrm{~L}$ stepping RF to $R$ side (8), close LF next to RF (\&) 9.00

## Tag (8 counts)

Hand Movements
Put $R$ hand down on $R$ side with palm facing front (1), put $L$ hand down on $L$ side with palm facing front (2), hold for 1 count (\&)
3\&4\& Place $R$ hand on $L$ waist (3), place $L$ hand on $R$ waist (\&), place $R$ hand on $R$ hip (4), place $L$ hand on $L$ hip (\&)
5-6\& $\quad$ Place $R$ hand on $L$ shoulder (5), place $L$ hand on $R$ shoulder (6) - $L$ hand is crossing over $R$ hand, hold for 1 count ( $\&$ )
7\&8\& $\quad$ Place $R$ fist near the $R$ side of your face (7), place $L$ fist near the $R$ side of your face (\&), place $R$ fist forward to $L$ diagonal (8), place $L$ fist forward to $R$ diagonal (\&) - $L$ hand is crossing over $R$ hand

## Ending

## Hand Movements

| $1-2$ | Put $R$ hand down on $R$ side with palm facing front (1), put $L$ hand down on $L$ side with palm <br> facing front (2) |
| :--- | :--- |
| \&3 | Place $R$ hand on $L$ shoulder (\&), place $L$ hand on $R$ shoulder (3) $-L$ hand is crossing over $R$ <br> hand |
| $\& 4$ | Place $R$ fist forward to $L$ diagonal (\&), place $L$ fist forward to $R$ diagonal (4) $-L$ hand is <br> crossing over $R$ hand |

