Can't Let You Go

Niveau: Beginner

Chorégraphe: Sebastiaan Holtland (NL) - October 2007 Musique: Can't Let You Go - Lemon Ice

Compte: 32

Mur: 2



Intro: 16 count

Start The Dance Facing 12 O Clock with both feet apart weight both feet

ARM MOVEMENT, 1/4 TURN WITH ARM MOVEMENT, HITCH, 1/2 TURN, STEP TOGETHER

- You start with both feet apart, bring your right hand up sideward, bring your R hand down 1-2 after bring your L hand up sideward (12:00)
- 3-4 Bring your left hand down, bring your R vist up at head line, make 1/4 turn left with both feet, weight onto Rf (9:00)
- 5-6 Take weight onto Lf, and make a hitch with your R Knee (9:00)
- Rf point back back, and make 1/2 turn right, and Lf step next Rf weight onto both feet (3:00) 7&8

TWOX JUMP BOTH FEET APART, AND FLEX BODY, HOLD, UP AND TOGETHER

- &9-10 Rf+Lf jump with both feet apart and flex your body down, HOLD (3:00)
- &11-12 Rf+Lf jump with both feet together rise body up weight onto both feet
- &13-14 Rf+Lf jump with both feet apart and flex your body down, HOLD
- Rf+Lf jump with both feet together rise body up weight onto both feet (3:00) &15-16

WALK FWD, WALK FWD, ROCKING CHAIR, BIG STEP BACK, DRAG, KICK BALL STEP FWD

- 17-18 Rf walk forward, Lf walk forward weight onto Lf
- 19&20 Rf rock forward, Lf recover, Rf step back (3:00)
- 21-22 Lf big step back, Lf drag from front to back weight onto Lf
- 23&24 Rf kick forward, Rf step back in center, Lf step forward (3:00)

MAKE 1/4 TURN, HITCH, HOLD, HOLD, ARM MOVEMENT AND FLEX BODY, CENTER, BEHIND, SIDE, CROSS, 1/4 TURN, SIDE

25-26 Rf step forward, 1/4 turn left, L knee hitch, weight onto Rf (12:00)

Note: When you do the steps 25-26 flex your body and holding your R Hand on your own hip, and bring your left elbow up at shoulder line, and let hanging your fore-arm down

- 27-28 HOLD, HOLD
- 29-30 Lf step back center, Rf step behind Lf
- &31-32 Lf step to the left, Rf step across Lf weight onto both feet, 1/2 turn left Lf step to the left, weight onto both feet (6:00)

REPEAT