

Let it Out

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Flat Guo (CN) & Yan Zi Zhang (CN) - May 2017
音乐: Let It Out (feat. Snoop Dogg) - Charlie Wilson : (CD: Uncle Charlie)



Count in: 32 Counts - Dance Sequence: ABB/ABB/ABB/ABA*(24)

Part A (32 Counts)

A(1-8) R WALK, L WALK, R MAMBO STEP, L FWD, 1/2TURN L STEPPING R BACK, L SWEEPING, L BEHIND, R SIDE, L CROSS

1 2 3&4 1) Step R forward 2) Step L forward 3) Step R forward &) recover weight L 4) Step R back 12:00
5 6 5) Step L forward 6) make 1/2turn left stepping back R as you begin sweeping L 6:00
7&8 7) Step L behind R &) Step R to R side 8) Step L cross R 6:00

A(9-16) R SCISSORS STEP, 3/8TURN R STEPPING L BACK , 1/2TURN R STEPPING R FWD, L FWD, 1/2TURN L STEPPING R BACK, L BACK, R HIP BUMP BALL SEEP

&1 2 &) Step R to right side 1) Step L next to R 2) Step R cross L 4:30
3 4 3) Make 3/8turn right stepping L back 9:00 4) make 1/2turn R stepping R forward 3:00
5&6 5) Step L forward &) make 1/2turn left stepping R back 6) step L back 9:00
7&8 7) R hip bump &) Step R behind L 8) Step L forward 9:00

A(17-24) R FWD, L ANCHOR STEP, R ANCHOR STEP, L BACK LOCK, L BEHIND, R SIDE, L CROSS

1 1) Step R forward 9:00
2&3 2) Step L back &) recover weight R 3) step L back as you begin sweeping R
4&5 4) Step R back &) recover weight L 5) step R back as you begin sweeping L
6& 6) Step L back &) step R back over left 9:00
7&8 7) Step L behind R &) step R to right side 8) step L cross over R 9:00 R cross

A(25-32) UNWIND 1/2 L, L CHASSE, R ROCK, 1/2TURN L CHAIR TURN, R PENCIL TURN

1 2&3 4 1) Step R cross L 2) make 1/2turn L stepping L to left side &) step R next to L 3) step L to left side 4) Rock R to right side 3:00
5&6 7 8 5) Step L forward &) recover weight R 6) make 1/2turn L stepping L forward 9:00 7) step R forward 8) 3/4turn R stepping R pencil turn 6:00

Part B (32 Counts)

B(1-8) R KNEE OUT IN, R KICK R STEP, L LOCK ,R STEP L KNEE OUT IN, L KICK, L STEP, R LOCK, L STEP

1&2&3&4& 1) Step R to R side as you knee out &) R knee in 2) step R knee out &) R knee in 3) step R kick diagonal 1:30 □&) step R forward 4) lack L behind R &) recover weight R
5&6&7&8& 5) Step L to L side as you knee out &) L knee in 6) Step L knee out &) L knee in 7) step L kick diagonal 10:30 &) step L forward 8) lock R behind L &) recover weight L 12:00

B(9-16) SWITCH R-L, T STEP, HEEL JACK, R FWD, 1/2 PIVOT TURN LEFT

1&2&3&4& 1) Touch R heel forward &) step in place on ball of L 2) touch L heel forward &) step in place on ball of R 3) point R toe to right side &) step in place on ball of L 4) point L toe to left side &) step in place on ball of R
5&6&7 8 5) Touch R next to L &) step R back 6) touch L heel forward &) step in place on ball of L 7) step R forward 8) 1/2 pivot turn left 6:00

B(17-24) R CROSS, 1/4 TURN R, STEPPING L BACK, 1/2 TURN R, TRIPLE R-L-R, L ROCK , 1/2 TURN L, TRIPLE L-R-L

1 2 3&4 1) Cross R over L 2) make 1/4 turn R stepping L back 3) make 1/4 turn R stepping R to right side 12:00 &) step L next to R 4) make 1/4 turn R stepping R forward 3:00

5 6 7&8 5) Rock L forward 6) recover weight R 7) make 1/4 turn L stepping L to left side &) step R next to L 8) make 1/4 turn L stepping L forward 9:00

B(25-32) CROSS IN PLACE, R POINT X2, R BEHIND, L SIDE, R CROSS, L BACK, R TOGETHER, HIPS BACK

&1 2 &) Make 1/4 L turn left, stepping R in place besind L 1) cross L over R 2) point R to right side 6:00

&3 4 &) Step R in place besind L 3) cross L over R 4) point R to right side

5&6 5) Step R behind L &) step L to left side 6) cross R over L

&7 8 &) Step L back 7) step R besind L 8) pushing hips back 6:00

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