

So Let it Go

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Astrid Romy Diener (CH) - February 2024
音乐: Let It Go - Anna Rossinelli : (Album: Marylou Two)



Intro: 16 counts – Sequence: A, B, *A3, B, C, C, C, C, **A5, B, *A3, B, Ending

Part A: 48 Counts

A1: side, kick, behind, side, cross, kick, kick, coaster step,

1 2 Step L to the left side, kick R in front,
3&4 RF cross behind LF, Step LF to the left, cross RF over LF
5 6 Kick L to the left side, Kick L to the left side,
7&8 Step LF back, step RF back next LF, step LF fwd

A2: touch, touch, back rock, recover, side, behind, side, cross shuffle,

1 2 RF touch in front, RF touch right,
3&4 RF step back, recover on LF, RF step to right
5 6 LF cross behind RF, RF step to right
7&8 LF cross over RF, RF step right, LF cross over RF

***A3: back, step 1/4l, step, hold, back 1/4r, side, cross, hold**

1 2 RF step back, LF step fwd with 1/4 turn left (9.00)
3 4 RF step fwd, Hold
5 6 LF step back with 1/4 turn right (12.00), RF step to right,
7 8 LF cross over RF, Hold

A4: side, together, shuffle fwd, side, together shuffle back (Rumba box)

1 2 RF step to right, LF step next to the RF
3&4 RFstep fwd, LF step next RF, RF step fwd
5 6 LF step to left, RF step next to LF
7&8 LF step back, RF step next to LF, LF step back

****A5: touch, touch, point, hold, cross rock, recover, chassé r**

1 2 RF toe-touch next LF, RF toe touch to right site
3 4 RF point right out, hold
5 6 RF cross over LF, recover LF
7&8 RF step to right, LF step next RF, RF step to right

A6: cross rock, recover, chassé 1/4 l, step, pivot 1/2 l, run, run, run

1 2 LF cross over RF, recover RF
3&4 LF step to left, RF step next LF, LF step fwd with 1/4 turn left (9.00)
5 6 RF step forward, make a 1/2 turn left (3.00)
7&8 RF step fwd, LF step fwd, RF step fwd

Part B: 32 Counts (3.00)

B1: cross 1/8r, back 1/4l, back, lock, back, back, side 1/4l, step, look, step

1 2 LF step cross over RF 1/8 (4.30), RF step back with 1/4 turn left (1.30)
3&4 LF step back, RF cross over LF, LF step back
5 6 RF step back, LF step to left with 1/4 turn (10.30),
7&8 RF step fwd, LF cross behind RF, RF step fwd

B2: side rock 1/8r, recover, cross shuffle, side rock, recover, cross shuffle

1 2 Rock LF to left side with 1/8 turn right (12.00), recover on RF,

3&4 Cross RF over LF, Step RF to right, Cross RF over LF
5 6 Rock RF to right side, recover on LF,
7&8 RF cross over LF, LF step to left, RF cross over LF

B3: step 1/8l, back1/4l, back, look, back, back, side1/4l, step, look, step

1 2 LF step fwd with 1/8 turn left, (10.30), RF step back 1/4 turn to left (7.30)
3&4 LF step back, RF cross over LF, LF step back
5 6 RF step back, LF step left to left side with ¼ left (4.30)
7&8 RF step fwd, LF cross behind RF, RF step fwd

B4: side rock1/8r, recover, cross shuffle, side rock with sway, recover with sway, sway, sway

1 2 Rock LF to left side with 1/8 turn right (6.00), recover on RF,
3&4 Cross LF over RF, Step RF to right, Cross LF over RF
5 6 Rock RF to right side with swy right, recover on LF with sway left,
7 8 sway right, sway left

Part C 16 Counts (12.00)

C1: out, out, in, in, step, pivot ½, walk, walk

1 2 RF right out snip with fingers, LF left out snip with fingers
3 4 RF back in, LF back in
5 6 RF right fwd, ½ left,
7 8 RF step fwd, LF step fwd

C2: out, out, in, in, step, touch, step, touch

1 2 RF right out snip with fingers, LF left out snip with fingers
3 4 RF back in, LF back in
5 6 Step RF right, LF touch next RF
7 8 Step LF to left, RF touch next LF,

***A3 dance from Section A3 till A6 / **A5 dance form Section A5 till A6**

Ending (12.00): Counts 1-8 from Part C1 + Step RF fwd, make a ½ turn left (12.00)

***27.2.24 ard/ info@askuechen.ch +41 79 679 68 20 Facebook: Astrid Diener**

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