

Letting Go

拍數: 76 牆數: 2 級數: Phrased Advanced NC
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音樂: Letting Go - Madison Watkins



Introduction: 16 counts

Sequence: A tag BC ABCC tag* B

PART A (32 counts):

[1-8] CROSS ROCK, SIDE ROCK, BEHIND, 1 & ½ TURN TO BASIC NIGHTCLUB, BIG STEP SIDE, TOGETHER

1&2& Rock RF over LF, Recover on LF behind RF, Rock RF side, Recover on LF side
3&4& Cross RF behind LF, ¼ turn L... Step LF forward, ½ turn L... Step RF back, ½ turn L... Step LF forward (9:00)
5-6& ¼ turn L... Big step RF side, Step LF together, Cross RF over LF (6:00)
7-8 Big step LF side, Step RF together

[9-16] CROSS ROCK, SIDE ROCK, BEHIND, 1 & ½ TURN TO BASIC NIGHTCLUB, BASIC NIGHTCLUB

1&2& Rock LF over RF, Recover on RF behind LF, Rock LF side, Recover on RF side
3&4& Cross LF behind RF, ¼ turn R... Step RF forward, ½ turn R... Step LF back, ½ turn R... Step RF forward (9:00)
5-6& ¼ turn R... Big step LF side, Step RF together, Cross LF over RF (12:00)
7-8& Big step RF side, Step LF together, Cross RF over LF

[17-24] ¼ CROSS SHUFFLE, ¼ BALL STEP ½ TURN PREP, 1 & ¼ TURN TO SCISSOR CROSS, HITCH

1&2& ¼ turn L... Cross LF over RF, Step RF side, Cross LF over RF, ¼ turn R... Step RF forward (12:00)
3-4 Step LF forward, ½ turn R... Weight stays back on LF (6:00)
5&6& ½ turn L... Step RF back, ½ turn L... Step LF forward, ¼ turn L... Step RF side, Step LF together (3:00)
7-8 Cross RF over LF, Hitch L knee with ⅛ turn R... (4:30)

[25-32] ¼ DIAMOND SHAPE FALLAWAY, WALK, WALK, REACH FORWARD, DRAG IN

1&2& Step LF forward, ⅛ turn L... Step RF side, ⅛ turn L... Step LF back, Step RF back (1:30)
3&4 ⅛ turn L... Step LF side, Step RF forward, Step LF forward (12:00)
5-6 Step RF forward throwing R arm forward, Bend R knee switching to L arm reaching forward
7-8 Recover on LF back, Drag RF together

PART B (32 counts):

[1-8] 3x WALK, STEP ½ TURN, SPIN FULL TURN, CROSS, SIDE ROCK

1-2 Step RF forward, Step LF forward
3-4 Step RF forward, Step LF forward
5-6 ½ turn R... Step RF forward, Spin full turn R... on RF hitching L knee « Piqué » (6:00)
7-8& Cross LF over RF, Rock RF side, Recover on LF side

Easy option: Replace SPIN FULL TURN by TRIPLE FULL TURN (6&7) cross finish

[9-16] 3x WALK, FWD ROCK, SPIN FULL TURN, CROSS, SIDE ROCK

1-2 Step RF forward, Step LF forward
3-4& Step RF forward, Rock LF forward, Recover on RF back
5-6 ½ turn L... Step LF forward with arabesque RF ½ turn L..., Step RF back (6:00)
7-8& Step LF back, Rock RF side, Recover on LF side

[17-24] FIGURE 8

- 1&2& Cross RF over LF, Step LF side, Cross RF behind LF, ¼ turn L... Step LF forward (3:00)
3-4 Step RF forward, ½ turn L... Step LF forward (9:00)
5&6 ¼ turn L... Step RF side, Cross LF behind RF, ¼ turn R... Step RF forward (9:00)
7-8& Step LF forward, ½ turn R... Step RF forward, ¼ turn R... Step LF side (6:00)

[25-28] 2x STEP BACK w/ SWEEP, BACK ROCK

- 1-2 Cross RF behind LF sweeping LF back, Cross LF behind RF sweeping RF back
3-4 Rock RF back, Recover on LF forward dragging RF together and prepping upper body L

PART C (16 counts) :**[1-8] RUN AROUND FULL CIRCLE, SERPIENTE**

- 1&2& ⅛ turn R... Step RF forward, ⅛ turn R... Step LF forward, ⅛ turn R... Step RF forward, ⅛ turn R... Step LF forward (12:00)
3&4 ⅛ turn R... Step RF forward, ⅛ turn R... Step LF forward, ⅛ turn R... Step RF forward sweeping LF forward ⅛ turn R... (6:00)
5&6 Cross LF over RF, Step RF side, Cross LF behind RF sweeping RF back
7&8 Cross RF behind LF, Step LF side, Cross RF over LF prepping upper body R

[9-16] RUN AROUND FULL CIRCLE, SERPIENTE

- 1&2& ⅛ turn L... Step LF forward, ⅛ turn L... Step RF forward, ⅛ turn L... Step LF forward, ⅛ turn L... Step RF forward (12:00)
3&4 ⅛ turn L... Step LF forward, ⅛ turn L... Step RF forward, ⅛ turn L... Step LF forward sweeping RF forward ⅛ turn L... (6:00)
5&6 Cross RF over LF, Step LF side, Cross RF behind LF sweeping LF back
7&8 Cross LF behind RF, Step RF side, Cross LF over RF hitching R knee

TAG (8 counts) :**[1-8] JAZZ BOX, HITCH, SYCHOPATED JAZZ BOX, WALK, TOGETHER BENDING DOWN**

- 1&2& Cross RF over LF, Step LF back, Step RF side, Cross LF over RF
3-4&a Hitch R knee, Cross RF over LF, Step LF back, Step RF side
5-6 Step LF forward, Step RF forward raising R arm
7-8 Step LF together bending both knees and lowering R arm (over 2 counts)

*** on second TAG slow down on count 3 (hitch) approximatively 2 counts**

ENDING: ½ turn L stepping RF back raise both arms to the sky

Have FUN ☐
