

Just Let It Go!

Choreographers: Guyton Mundy (guyton@funk-n-line.com)

Niels Poulsen (niels@love-to-dance.dk)

August 2014



Type of dance: 48 counts, 2 walls.
 Level: Advanced
 Music: **Let me go** by Avril Lavigne feat. Chad Kroeger. Buy on iTunes.
 Intro: Start after 16 counts (app. 18 secs into track). Weight on L.
 1 EASY bridge: During wall 3 (starts facing 12:00), after 24 counts, facing 7:30, you have a 2 count bridge: Square up to 6:00 and add 2 slow sways R and L. Then continue with the dance from count 25. ☺
 NOTE! Do the dance to the full length version of the music (4.29 mins). There is a cut version circulating around but please don't do it to that. Thanks. ☺

Counts	Footwork	End facing
1 – 8	Fwd R, L mambo, ½ L sweep, behind side cross, ½ L sweep, behind turn step, rock & run	
1 – 2&a	Step fwd on R (1), rock fwd on L (2), recover back on R (&), step back on L (a)	12:00
3 – 4&a	Step back on R turning ½ L and sweeping L to L side (3), cross L behind R (4), step R to R side (&), cross L over R (a)	6:00
5 – 6&a	Turn ¼ L stepping back on R continuing to turn ¼ L sweeping L to L side (5), cross L behind R (6), turn ¼ R stepping fwd on R (&), step fwd on L (a)	12:00
7 – 8&a	Rock fwd on R (7), recover back on L (8), step back on R (&), step back on L (a)	3:00
9 – 16	¼ R lunge, 2 full turns L, behind side cross, lunge R, spin full turn L, vine ¼ R, step 3/8 R	
1 – 2&a	Turn ¼ R lunging R to R side (1), turn ¼ L stepping fwd on L (2), turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a)	3:00
3 – 4&a	Turn ½ L stepping back on R continuing to turn ¼ L on R sweeping L to L side (3), cross L behind R (4), step R to R side (&), cross L over R (a)	6:00
5 – 6	Lunge R to R side (5), recover on L spinning a full turn L bringing R foot next to L during turn (6)	6:00
7&a	Step R to R side (7), cross L behind R (&), turn ¼ R stepping fwd on R (a)	9:00
8&a	Step fwd on L (8), turn 3/8 R onto R (&), step fwd on L (a)	1:30
17 – 24	Rock R fwd, run back, ¼ R sway, 3 quick sways, ¼ R sweep, step lock step, 2 spiral turns	
1 – 2&a	Rock fwd on R (1), recover back on L (2), step back on R (&), step back on L (a)	1:30
3 – 4&a	Turn ¼ R stepping R to R side with a R sway (3), sway L (4), sway R (&), sway L (a)	4:30
5 – 6&a	Turn ¼ R onto R sweeping L fwd (5), step fwd on L (6), lock R behind L (&), step fwd on L (a)	7:30
7&a8a	Step fwd on R doing a full spiral turn L (7), step fwd on L (a) step fwd on R doing a full spiral turn L (8), step fwd on L (a)	7:30
25 – 32	1/8 L basic R, side behind sweep, behind side fwd, rock R fwd, back & ½ L into walk R L	
1 – 2&a	Turn 1/8 L stepping R to R side (1), step L behind R (2), cross R over L (&), step L to L side (a)	6:00
3 – 4&a	Cross R behind L sweeping L to L (3), cross R behind L (4), step R to R (&), step fwd on L (a)	6:00
5 – 6&a	Rock R fwd reaching L arm fwd (5), recover on L (6), step R back (&), turn ½ L onto L (a)	12:00
7 – 8	Walk fwd on R reaching R arm fwd (7), walk fwd on L reaching L arm fwd (8)	12:00
33 – 40	Side R, back rock, 1/4 L, step ½ L, run R L, step ½ L, reverse ½ R, 1 ¼ R with sweep	
1 – 2&a	Step R to R side (1), rock back on L (2), recover on R (&), turn ¼ L stepping fwd on L (a)	9:00
3 – 4&a	Step fwd on R (3), turn ½ L stepping onto L (4), run fwd on R (&), run fwd on L (a)	3:00
5 – 6	Step fwd on R (5), turn ½ L stepping onto L (6)	9:00
7&a8	Turn ½ R onto R (7), turn ½ R stepping back on L (&), turn ½ R onto R (a), turn ¼ R stepping L to L side and sweeping R to R side (8)	6:00
41 – 48	Behind sweep, behind side cross, full turn diamond, L coaster step	
1 – 2&a	Cross R behind L sweeping L to L (1), cross L behind R (2), step R to R (&), cross L over R (a)	6:00
3 – 4&a	Step R to R side (3), turn 1/8 L stepping back on L (4), step back on R (&), turn ¼ L stepping L to L side (a)	1:30
5 – 6&a	Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping back on L (6), step back on R (&), turn ¼ L stepping L to L side (a)	7:30
7 – 8&a	Turn 1/8 L stepping R to R side (7), step back on L (8), step R next to L (&), step fwd on L (a)	6:00
	Start again	
Ending	You automatically end facing 12:00. Wall 6 is your final wall (starts facing 6:00). Your last step is count 31 so make it big! ☺	12:00