

LET IT GO

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Music: "Let It Go", by Idina Menzel, CD "Frozen Original Sound Track", Track #5, 3:43, no
modification to music
Available as download from Amazon, iTunes, and others

Footwork: Opposite unless noted (woman's footwork in parentheses)

Rhythm Two-step Phase II+2 (Pivot, Strolling Vine)

Sequence: Intro A B C B(1-14) D B End

INTRODUCTION

MEAS:

- 1-4 WAIT 2 ;; SIDE, DRAW, TOUCH 2X ;;
(1) Bfly wall, lead foot free, wait, -, -, -;
(2) Wait, -, -, -;
(3) Sd L, drw R to L, -, -;
(4) Sd R, drw L to R, -, -;
- 5-8 BASKETBALL TURN (OP) ;; STRUT 4 (SCP) ;;
(5) Sd L, -, rec R trng RF 1/4 fc RLOD, -;
(6) Trng RF 1/4 fwd L, -, trng RF 1/2 rec R end in OP, -;
(7) Fwd L, -, fwd R, -;
(8) Fwd L, -, fwd R blnd SCP, -;

PART A

MEAS:

- 1-4 2 FORWARD TWO-STEPS (FC) ;; 2 TURNING TWO-STEPS (SCP) ;;
(1) Fwd L, cl R, fwd L, -;
(2) Fwd R, cl L, fwd R trng to fc ptr & WALL, -;
(3) Sd L, cl R, sd & bk acrs LOD L pvtg RF 1/2, -;
(4) Sd R, cl L, fwd R pvtg RF 1/2 blnd to SCP, -;
- 5-8 2 FORWARD TWO-STEPS (FC) ;; 2 TURNING TWO-STEPS (CP LOD) ;;
(5) Fwd L, cl R, fwd L, -;
(6) Fwd R, cl L, fwd R trng to fc ptr & WALL, -;
(7) Sd L, cl R, sd & bk acrs LOD L pvtg RF 1/2, -;
(8) Sd R, cl L, fwd R pvtg RF 1/4 fc LOD, -;
- 9-12 PROGRESSIVE SCISSORS 2X ;; FORWARD, LOCK, FORWARD 2X ;;
(9) Sd L, cl R, fwd XLIFR (W XRIBL) to SCAR, -;
(10) Sd R, cl L, fwd XRIFL (W XLIBR) to BJO, -;
(11) Fwd L, lk R in bk of L (W lk L in front of R), fwd L, -;
(12) Fwd R, lk L in bk of R (lk R in front of L), fwd R, -;
- 13-16 HITCH 4 ; WALK & FACE ; VINE 4 ; PIVOT 2 (CP LOD) ;
(13) Fwd L, cl R, bk L, cl R;
(14) Fwd L, -, fwd R trng to fc ptr & WALL, -;
(15) Sd L, XRIBL, sd L, XRIFL;
(16) Bk L trng RF, -, fwd R, completing 3/4 trn fc LOD;

17-20 PROGRESSIVE SCISSORS 2X ;; HITCH 6 ;;

- (17) Sd L, cl R, fwd XLIFR (W XRIBL) to SCAR, -;
- (18) Sd R, cl L, fwd XRIFL (W XLIBR) to BJO, -;
- (19) Fwd L, cl R, bk L, -;
- (20) Bk R, cl L, fwd R, -;

21-24 2 FORWARD TWO-STEPS (FC) ;; 2 TURNING TWO-STEPS (BFLY WALL) ;;

- (21) Fwd L, cl R, fwd L, -;
- (22) Fwd R, cl L, fwd R, -;
- (23) Sd L, cl R, sd & bk acrs LOD L pvtg RF ½, -;
- (24) Sd R, cl L, fwd R pvtg RF ½ blnd BFLY WALL -;

25-26 SIDE TWO-STEP LEFT & RIGHT ;;

- (25) Sd L, cl R, sd L, -;
- (26) Sd R, cl L, sd R, -;

PART B

MEAS:

1-4 ROCK APART WITH/ARM SWEEP ; TOGETHER, TOUCH (BFLY) ; HITCH APART ; SCISSORS THRU (BFLY) ;

- (1) Rk sd & bk w/slight trn to OP LOD L moving ld hds up & out in circ motion, -, -, -;
- (2) Rec R to fc ptr contin circ motion w/ld hds dn & twds ptr, -, tch L to BFLY, -;
- (3) Bk L, cl R, fwd L (bk R, cl L, fwd L), -;
- (4) Sd R, cl L, XRIFL (W XLIFR) blnd BFLY WALL, -;

5-8 ROCK APART WITH/ARM SWEEP ; TOGETHER, TOUCH (BFLY) ; HITCH APART ; SCISSORS THRU (BFLY) ;

- (5) Rk sd & bk w/slight trn to OP LOD L moving ld hds up & out in circ motion, -, -, -;
- (6) Rec R to fc ptr contin circ motion w/ld hds dn & twds ptr, -, tch L to BFLY, -;
- (7) Bk L, cl R, fwd L (bk R, cl L, fwd R), -;
- (8) Sd R, cl L, XRIFL (W XLIFR) blnd BFLY WALL, -;

9-12 SIDE TWO-STEP LEFT & RIGHT ;; BOX ;;

- (9) Sd L, cl R, sd L, -;
- (10) Sd R, cl L, sd R, -;
- (11) Sd L, cl R, fwd L, -;
- (12) Sd R, cl L, bk R, -;

13-16 REVERSE BOX ;; TWIRL VINE 3; REVERSE TWIRL 3 (SCP) ;

- (13) Sd L, cl R, bk L, -;
- (14) Sd R, cl L, fwd R, -;
- (15) Sd L, XRIBL, sd L, -(W fwd R trng RF undr ld hnds, cont trn sd & bk L, sd R, -);
- (16) Sd R, XLIFR, sd R, -(W fwd L trng LF undr ld hnds, cont trn sd & bk R, sd L, -)
blnd SCP LOD ;

PART C

MEAS:

1-4 2 FORWARD TWO-STEPS (BFLY WALL) ;; VINE 3 ; WRAP LADY (LOD) ;

- (1) Fwd L, cl R, fwd L, -;
- (2) Fwd R, cl L, fwd R blnd BFLY WALL, -;
- (3) Sd L, XRIBL, sd L, -;
- (4) Ld W LF into WRP R, L, R, - (W trng LF wrap into M stp L, R, L, -) fc LOD ;

5-8 FORWARD TWO-STEP ; CIRCLE PICK UP ; BACK HITCH ; FORWARD TWO-STEP ;

- (5) Fwd L, cl R, fwd L, -;
- (6) Fwd R, cl L, bk R, - (W fwd L trng in frnt of M, fwd R, fwd L endg CP RLOD);
- (7) Bk L, cl R, fwd L, -;
- (8) Fwd R, cl L, fwd R, -;

8-12 STRUT 4 ;; PROGRESSIVE SCISSOR 2X;;

- (9) Fwd L, -, fwd R, -;
- (10) Fwd L, -, fwd R, -;
- (11) Sd L, cl R, fwd XLIFR (W XRIBL) to SCAR, -;
- (12) Sd R, cl L, fwd XRIFL (W XLIBR) to BJO, -;

13-16 HITCH 6 ;; 2 FORWARD TWO-STEPS (FC) ;;

- (13) Fwd L, cl R, bk L, -;
- (14) Bk R, cl L, fwd R, -;
- (15) Fwd L, cl R, fwd L, -;
- (16) Fwd R, cl L, fwd R trng to fc ptr & WALL, -;

17-19 2 TURNING 2STPS (BFLY WALL) ;; SIDE, DRAW, CLOSE ;

- (17) Sd L, cl R, fwd L pvtg RF ½, -;
- (18) Sd L, cl R, sd & bk acrs LOD L pvtg RF ½ blnd BFLY WALL, -;
- (19) Sd L, drw R to L, -, cl R;

PART D

MEAS:

1-4 TRAVELING DOOR 2X ;;;;

- (1) Rk sd L, -, rec R, -;
- (2) XLIFR, sd R, XLIFR, -;
- (3) Rk sd R, -, rec L, -;
- (4) XRIFL, sd L, XRIFL, -;

5-8 LACE UP (OP LOD) ;;;;

- (5) Ldg W under jnd ld hnds fwd L chgg sds, cl R, fwd L, -;
- (6) Fwd R, cl L, fwd R, -;
- (7) Ldg W under jnd trl hnds fwd L chgg sds, cl R, fwd L, -;
- (8) Fwd R, cl L, fwd R end OP LOD, -;

9-12 SLIDING DOOR 2X ;;;;

- (9) In OP rk apt L, -, rec R, -;
- (10) XLIFR chgg sds beh W (W XRIFL),sd R, XLIFR (W XRIFL),-;
- (11) In OP rk apt R, -, rec L, -;
- (12) XRIFL chgg sds beh W (W XLIFR), sd L, XRIFL (W XLIFR),-;

13-18 CIRCLE AWAY & TOGETHER (CP WALL) ;;

STROLLING VINE (BFLY WALL) ;;;;

- (13) Circ LF (W RF) fwd L, cl R, fwd L, -; **w foot**
- (14) Cont circ fwd R, cl L, fwd R to fc ptr blnd CP WALL, -;
- (15) Sd L, -, XRIBL (W XLIFR), -;
- (16) Sd L, cl R, sd L trng LF ½, -;

- (17) Sd R, -, XLIBR (W XRIFL), -;
- (18) Sd R, cl L, sd R trng RF ½ blind BFLY WALL, -;

19-21 TWIRL VINE 3; REVERSE TWIRL 3 ; SIDE, DRAW, CLOSE ;

- (19) Sd L, XRIBL, sd L, -(W fwd R trng RF undr ld hnds, cont trn sd & bk L, sd R, -);
- (20) Sd R, XLIFR, sd R, -(W fwd L trng LF undr ld hnds, cont trn sd & bk R, sd L, -);
- (21) Sd L, drw R to L, -, cl R;

END

MEAS:

1-2 WALK & PICK UP ; DIP BACK & HOLD ;

- (1) Fwd L Idg W in frnt (W trns LF in frnt of M), -, fwd R (W to CP LOD), -;
- (2) Bk L relaxing knee, -, -, ;

QUICK CUES

WAIT :: SD, DRW, TCH L/R :: BB TRN (OP) :: STRUT 4 (SCP) ::

2 FWD 2'S (FC) :: 2 TRN 2'S (SCP) :: 2 FWD 2'S (FC) :: 2 TRN 2'S (CP LOD) :: PROG SCIS 2X :: FWD, LK, FWD 2X :: HTCH 4 ; WK/FC ; VN 4 ; PVT 2 (LOD) ; PROG SCIS 2X :: DBL HTCH :: 2 FWD 2'S (FC) :: 2 TRN 2'S (BFLY WALL) :: SD 2STP L/R ::

RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; SD 2STP L/R :: BX :: REV BX :: TWRL VN 3 ; REV TWRL (SCP) ;

2 FWD 2'S (BFLY) :: VN 3/WRAP (FC LOD) :: FWD 2STP ; CIRC PU ; BK HTCH ; FWD 2STP ; STRUT 4 :: PROG SCIS 2X :: DBL HTCH :: 2 FWD 2'S (FC) :: 2 TRN 2'S (BFLY WALL) :: SD, DRW, CLS ;

RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; SD 2STP L/R :: BX :: REV BX ::

TRAV DOOR 2X :::: LACE UP (OP LOD) :::: SLD DOOR 2X :::: CIRC AWY/TOG (CP WALL) :: STROL VN (BFLY) :::: TWRL VN ; REV TWRL ; SD, DRW, CLS ;

RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; RK APT W/ARM SWEEP ; TOG, TCH (BFLY) ; HTCH APT ; SCIS THRU (BFLY) ; SD 2STP L/R :: BX :: REV BX :: TWRL VN 3 ; REV TWRL (SCP) ;

WK/PU ; DIP ;