LET IT GO

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Music: Let It Go by Demi Lovato Available as download from iTunes
Rhythm: Two-step Time @ BPM: 3:44@140 (speed as is)
Phase: II+2 [Pivot 2, Fishtail] Degree of Difficulty: AVG
Footwork: Opposite unless noted (Woman’s footwork in parentheses)
Sequence: INTRO - A - B - A (1-16) - B - C - B (5-16) - C (1-12) - END

INTRO

1 - 4 WAIT; WAIT; VINE 4; PIVOT 2 (LOD):
1-2 Closed position fc WALL lead foot free for both wait 2 meas;;
3 (Vine 4) Sd L, XRIB of L, sd L, XRIF of L;
4 (Pivot 2) Sd & bk L commence RF trn, cont RF trn fwd R fc LOD, -;

5 – 9 PROG SCISS SCAR; SCISS BJO; FWD HITCH 3; HITCH SCISS; TWIRL 2:
5-6 (Prog Sciss) Sd L, cl R, XLIF of R W’s outsd (W sd R, cl R, XRIB of L) Scar fc DW, -;
6 Sd R, cl L, XRIF of L W’s outsd (W sd L, cl L, XRIB of R) Bjo fc DC, -;
7 (Fwd Hitch 3) Fwd L, cl R, bk L(W bk R, cl L, fwd R), -;
8 (Hitch Sciss) Bk R, cl L, fwd R, - (W trng RF 1/4 sd L, cl R, thru L, -);
9 (Twirl 2) fwd L lead W RF twirl, - fwd R, - (W fwd R commence RF trn under lead hnds, -, cont RF trn fwd L, -) to SCP/LOD;

PART A

1 - 4 (SCP) 2 FWD TWO-STEMPS; SLOW TWISTY VINE 4;:
1-2 (2 Fwd Two-Steps) SCP/LOD fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;
3-4 (Twisty Vine 4) Sd L, - , XRIB of L (XLIF of R), -; Sd L, - , XRIF of L (XLIF of R) to Bjo/LOD, -;

5 - 8 FISHTAIL; WK & FC; 2 TRNG TWO-STEMPS (LOD);:
5 (Fishtail) XLIB of R, Sd R, fwd L, XRIB of L fc LOD;
6 (Walk & Fc) Fwd L, - , fwd R 1/4 RF trn fc partner & WALL, -;
7-8 (2 Trng Two-Steps) Sd L, cl R, sd & bk L 1/2 RF trn fc COH(W sd R, cl L, sd & fwd R between M’s foot 1/2 RF trn), -; Sd R, cl L, sd & fwd R between W’s foot 1/4 RF trn (sd L, cl R, sd & bk L 1/4 RF trn) fc LOD, -;

9 - 12 PROG SCISS SCAR; WALK 2; PROG SCISS BJO; WALK 2:
9 (Prog Sciss) Sd L, cl R, XLIF of R W’s outsd (W sd R, cl L, XRIB of L) Scar fc DW, -;
10 (Walk 2) Fwd R twd DW, - , fwd L, -;
11 (Prog Sciss) Sd R, cl L, XRIF of L W’s outsd (W sd L, cl R, XRIB of R) Bjo fc DC, -;
12 (Walk 2) Fwd L twd DC, - , fwd R to Bjo/LOD, -;

13 - 16 FWD LK FWD; FWD LK FWD; FWD HITCH 3; HITCH SCISS:
13-14 (Fwd Lk Fwd Twice) Fwd L, XRIB of L, fwd L, -; Fwd R, XRIF of R, fwd R, -;
15 (Fwd Hitch 3) Fwd L, cl R, bk L(W bk R, cl L, fwd R), -;
16 (Hitch Sciss) Bk R, cl L, fwd R, - (W trng RF 1/4 sd L, cl R, thru L, -);

17 - 20 TRAVELING BOX w/TWIRL;:
17-20 (Traveling Box w/Twirl) Sd L, cl R, fwd L, -; Rev SCP fwd R lead W LF twirl under lead hands, -, fwd L (W sd R, cl L, bk R, -; Rev SCP fwd L commence LF trn under lead hands, -, sd R cont LF trn) CP fc Wall, -; Sd R, cl L, bk R, -; SCP/LOD fwd L, -; fwd R 1/4 RF trn Bfly/WALL, -;

21 - 26 (BFLY) DOOR TWICE; SD TWO-STEP L & R;:
25-26 (Sd Two-step L & R) Sd L, cl R, sd L, -; Sd R, cl L, sd R release joined hands, -;
PART B

1-4  **(NO HANDS) SD DRAW TCH w/ARMS TWICE;; SD TWO-STEP L & R;;**

1-2  (Sd Draw Tch) Sd L, draw R to L, tch R, - ; [with Right hand on hip, the Left arm goes straight out to the side at waist level with the palm facing up] Sd R, draw L to R, tch L, - ; [with Left hand on hip, the Right arm goes straight out to the side at waist level with the palm facing up]

3-4  (Sd Two-step L & R) Sd L, cl R, sd L, - ; Sd R, cl L, sd R, - ;

5-8  **SD DRAW TCH w/ARMS TWICE;; BK AWAY 3; TOG 3 (CP);**

5-6  (Sd Draw Tch) Sd L, draw R to L, tch R, - ; [with Right hand on hip, the Left arm goes straight out to the side at waist level with the palm facing up] Sd R, draw L to R, tch L, - ; [with Left hand on hip, the Right arm goes straight out to the side at waist level with the palm facing up]

7-8  (Bk Away & Tog) Bk L apt twd COH (W WALL), bk R, bk L, - ; fwd R tog twd WALL (W COH), fwd L, fwd R to CP/WALL, - ;

9-12  **SCISS SCAR; SCISS BJO; WHEEL 6 (WALL);;**

9-10  (Sciss) Sd L, cl R, XLIF of R W's outsd (W sd R, cl L, XRIB of L) Scar/RLOD, -;

11-12  (Wheel 6) Fwd L commence RF wheel, cont wheel R, cont wheel L, - ; Cont RF wheel R, cont wheel L, fwd R fc CP/WALL, - ;

13-16  **SCISS THRU TWICE;; CIRCLE AWAY & TOG;;**

13-14  (Sciss Thru) Sd L, cl R, thru L to LOP/RLOD, - ; sd R cl L, thru R to OP/LOD, - ;

15-16  (Circle Away & Tog) Circle LF twd COH(W circle RF twd wall)fwd L, cl R, fwd L, - ; Cont circle LF twd partner fwd R, cl L, fwd R, - ;

PART C

1-4  **(BFLY) VINE 3 TCH; WRAP TCH; UNWRAP TCH; CHG SD;**

1  (Vine 3 Tch) Sd L, XRIB of L, sd L, tch R to L;

2  (Wrap tch) Sd R lead W wrap, XLIB of R, sd R 1/4 LF trn fc LOD, tch L (W sd L commence LF trn under lead hand, cont LF trn sd R, cont trn fc LOD bk L, tch R to L) Wrapped position fc LOD;

3  (Unwrap tch) Small stp sd L lead W unwrap, cl R, sd L, tch R to L (W release right hand sd R twd WALL commence RF trn, cont RF trn sd L, cont trn sd R, tch L to R) OP/LOD;

4  (Chg Sd) Raise trailing hnds fwd R trng 1/4 RF crossing in bk of W, cl L, fwd R trng 1/4 RF to fc Bfly/COH, tch L (W fwd L trng 1/4 LF under trailing hnds in front of M, cl R, fwd L trng 1/4 LF, tch R);

5-8  **(BFLY) VINE 3 TCH; WRAP TCH; UNWRAP TCH; CHG SD;**

5-8  Repeat Meas. 1-4 of Part C but Ending OP/LOD;

9-12  **CIRCLE AWAY 2 TWO-STEP;; STRUT TOG 4;;**

9-10  (Circle Away 2 Two Steps) Circle LF twd COH(W circle RF twd wall)fwd L, cl R, fwd L, - ; cont circle LF twd RLOD fwd R, cl L, fwd R fc wall(W fc COH), - ;

11-12  (Strut Tog 4) fwd L, - ; fwd R, - ; fwd L, - ; fwd R, - ;

13-17  **(NO HANDS) SD DRAW TCH w/ARMS TWICE;; SD TWO-STEP L & R;;**

**SLOW RK SD REC;**

13-14  Repeat Meas. 1-2 of Part B but small step and hnds action;;

15-16  Repeat Meas. 3-4 of Part B;

17  (Slow Rk sd Rec) rk sd L, - ; rec R, - ;

ENDING

1-5  **SOLO LEFT TRNG BOX;;; STEP SD w/EXTEND ARMS;**

1-4  (Solo L Trng Box) Sd L, cl R, fwd L 1/4 LF trn fc LOD, - ; Sd R, cl L, bk R 1/4 LF trn fc COH (Bk to Bk W fc Wall), - ; Sd L, cl R, fwd L 1/4 LF trn fc RLOD, - ; Sd R, cl L, bk R 1/4 LF trn fc partner & Wall, - ;

5  Sd L twd LOD w/extending both arms straight out to the side at waist level, - , - , - ;