

# 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 L, XRIB of L) Scar fc DW,-; Sd R, cl L, XRIF of L W's outsd (W sd L, cl R, XLIB 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-STEPS;; 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 (XLIB of R) to Bjo/LOD, -;

### 5 - 8 FISHTAIL; WK & FC; 2 TRNG TWO-STEPS (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, XLIB 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, XLIB 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) TRAVELING DOOR TWICE;;;; SD TWO-STEP L & R;;

- 21-24 (Traveling Door) Bfly/Wall sd L,-, rec R,-; XLIF of R, sd R, XLIF of R,-; Sd R,-, rec L,-; XRIF of L, sd L, XRIF of L,-;  
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,-;  
Sd R, cl L, XRIF of L W's outsd(W sd L, cl R, XLIB of R) Bjo/LOD,-;
- 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-STEPS;; 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, -, -, -;