

LET IT GO (Corr 9/14/17)

(Corrected woman's footwork meas 2-3 PART C; and ENDING)



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MUSIC: Let It Go (from 'Frozen')

ARTIST: Hang Shuen Lee

FOOTWORK: Opposite except where indicated

RHYTHM: Waltz

DEGREE OF DIFFICULTY: Average

SEQUENCE: INTRO ABC A(1-8)BC ENDING

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www.chattanoogaarounddancing.net

DOWNLOAD: www.casa-musica-shop.de

ALBUM: Premium Standard – Ballroom Symphony

TIME: 3:05

RELEASED: January 2017

MEAS:

INTRO

1-4

WAIT; ; TOGETHER TOUCH TO CP; SWAY LEFT;

1-2 LOP-FCG WALL trl ft free wt 2 meas ; ;

3-4 Stp tog R, tch L next to R to CP WALL, - ; sd L taking partial wgt while stretching L sd of the bdy [w/ the hd swaying twd RLOD], cont to transfer wgt to L ft & comm straightening bdy, comp transfer of wgt to L ft w/ bdy upright ovr L ft drawing R ft slightly ;

5-8

BALANCE RIGHT; TWIRL VINE 3; MANEUVER; HESITATION CHANGE;

5-6 Sd R, bhd L, in plc R ; raise jnd ld hnds to ld W's twrl sd L, XRib, sd L (sd & fwd R trng ½ RF undr jnd hnds, sd & bk L trng ½ RF, sd R) ;

7-8 Blending to a momentary SCP fwd R comm RF upper bdy trn (fwd L), cont RF trn to fc ptr sd L, cl R ; comm RF upper bdy trn bk L, sd R cont RF trn starting to draw L to R & cont drawing L to R ovr the remainder of the meas, - ;

PART A

1-4

OPEN REVERSE TURN; BACK & CHASSE BJO; FWD, FWD/LK, FWD; CHECK FORWARD (LADY DEVELOPE);

1-2 Fwd L trng LF, cont LF trn sd R, bk L to BJO ; bk R comm LF upper bdy trn, sd L cont trn/cl R, sd L comp trn to BJO ;

3-4 Fwd R, fwd L/lk Rib of L, fwd L ; fwd R outsd W ckg, -, - (bk L, bring R ft up L leg to insd of L knee, xtnd R ft fwd) ;

5-8

OUTSIDE SWIVEL; CURVED FEATHER [CHECKING]; OUTSIDE CHANGE SCP; WING;

5-6 Bk L in CBMP, XRif of L w/ no wgt, - (fwd R in CBMP, swvl RF on ball of R ft ending in SCP, -) ; thru R comm to trn RF, w/ L sd stretch cont RF trn slightly arnd ptr sd & fwd L, cont upper bdy trn to R w/ L sd stretch fwd R outsd ptr ckg in BJO DRW (thru L, staying well in M's R arm w/ R sd stretch sd R, w/ R sd stretch bk L ckg in BJO) ;

7-8 Bk L, bk R trng LF, sd & fwd L to SCP ; fwd R, draw L twd R, tch L to R trng upper part of bdy LF w/ L sd stretch (fwd L beg to Xif of M comm trng slightly LF, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slightly LF trn to end in a tight SCAR) ;

[NOTE: 2nd time meas 8 is **SLOW SIDE LOCK**; {see meas 16 PART A}]

9-12

TURN LEFT & RIGHT CHASSE BJO; BK, BK/LK, BK; IMPETUS SCP; PICKUP;

9-10 Fwd L comm LF upper bdy trn, sd R cont trn/cl L, sd R comp trn to BJO ; bk L, bk R/lk Lif of R, bk R ;

11-12 Soft or flexed knees throughout comm RF upper bdy trn bk L, cl R [heel trn] cont RF trn, comp trn fwd L in tight SCP (comm RF upper bdy trn fwd R outsd M's feet heel to toe pvtg ½ RF, sd & fwd L cont RF trn arnd M brush R to L, comp trn fwd R) ; thru R, fwd & sd L w/ LF upper bdy trn ldg W to CP, cl R (thru L comm LF trn, fwd & sd R in frnt of M trng LF to CP, cl L) ;

13-16

ONE LEFT TURN; HOVER CORTE; BACK WHISK; SLOW SIDE LOCK;

13-14 Fwd L comm LF trn, cont trn sd R diag acrs LOD trng LF, cl L ; bk R starting LF trn, sd & fwd L w/ hvrg action cont bdy trn, rec R w/ R sd ldg to BJO ;

15-16 Bk L, bk & sd on R, XLib of R finishing in SCP ; thru R, sd & fwd L to CP, XRib of L trng slightly LF to CP DLC (thru L starting LF trn, sd & bk R cont LF trn to CP, XLif of R) ;

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PART B

1-4 DIAMOND TURN; ; ; ;

1-2 Fwd L trng LF on the diag, cont LF trn sd R, bk L w/ the W outsd the M in BJO ; staying in BJO & trng LF bk R, sd L, fwd R outsd ptr in BJO ;

3-4 Fwd L trng LF on the diag, sd R, bk L w/ the W outsd the M in BJO ; bk R cont LF trn, sd L, fwd R to DLC ;

5-8 TELEMAR SCP; MANEUVER; SPIN TURN; BOX FINISH;

5-6 Fwd L comm to trn LF, sd R cont LF trn, sd & slightly fwd L to end in tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP) ; fwd R comm RF upper bdy trn (fwd L), cont RF trn to fc ptr sd L, cl R ;

7-8 Comm RF upper bdy trn bk L toe pvtg ½ RF to fc LOD, fwd R between W's ft heel to toe cont RF trn keeping L leg xtnded bk & sd, comp trn sd & bk L to CP DLW (comm RF upper bdy trn fwd R between M's ft heel to toe pvtg ½ RF, bk L toe cont trn brush R to L, comp trn sd & fwd R) ; bk R comm LF trn, sd L to CP LOD, cl R ;

PART C

1-4 LEFT TURNING BOX w/ LACE; ; ; ;

1-2 Fwd L comm ¼ LF trn, comp trn sd R, cl L to CP COH ; raising ld hnds bk R comm ¼ LF trn, comp trn sd L, cl R to LOP RLOD (undr jnd ld hnds comm RF trn fwd L, fwd R, fwd L to LOP) ;

3-4 Fwd L comm ¼ LF trn, comp trn sd R, cl L to CP WALL (cont RF trn fwd R, fwd L, fwd R) ; bk R comm ¼ LF trn, comp trn sd L, cl R to CP LOD ;

5-8 TELEMAR SCP; WHIPLASH BJO; BACK WHISK; PICKUP;

5-6 Fwd L comm to trn LF, sd R cont LF trn, sd & slightly fwd L to end in tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP) ; thru R, trng bdy RF pt L hold ending in BJO, - (thru L, swvl on L to fc ptr & pt R hold ending in BJO, -) ;

7-8 Bk L, bk & sd on R, XLib of R finishing in SCP ; thru R, fwd & sd L w/ LF upper bdy trn ldg W to CP LOD, cl R (thru L comm LF trn, fwd & sd R in frnt of M trng LF to CP, cl L) ;

9-12 VIENNESE TURNS 3 MEASURES; ; ; BOX FINISH [WALL];

9-10 Fwd L comm LF trn, sd R cont LF trn, XLif of R ; bk R cont LF trn, sd L cont LF trn, cl R to L ; (bk R comm LF trn, sd L cont LF trn, cl R to L ; fwd L cont LF trn, sd R cont LF trn, XLif of R ;)

11-12 Repeat meas 9 PART C ; bk R comm ¼ LF trn, sd L, cl R to CP WALL ;

13-16 HOVER; THRU CHASSE SCP; MANEUVER; HESITATION CHANGE;

13-14 Fwd L, fwd & slightly sd R rising to ball of ft, sd & slightly fwd L to tight SCP ; thru R comm trn to fc, sd L/cl R, sd L to SCP ;

15-16 Fwd R comm RF upper bdy trn (fwd L), cont RF trn to fc ptr sd L, cl R ; comm RF upper bdy trn bk L, sd R cont RF trn starting to draw L to R & cont drawing L to R ovr the remainder of the meas, - ;

ENDING

1-4 DIAMOND TURN 3/4; ; ; HINGE & EXTEND LEFT ARMS;

1-2 Repeat meas 1-2 PART B ; ;

3-4 Fwd L trng LF on the diag, sd R, bk L to DLW ; bk R comm to trn LF, sd & slightly fwd L w/ slight trn between stps 1 & 2 comm L sd stretch cont L sd stretch ldg W to cross her L ft bhd her R keeping L sd in to ptr, relax L knee & trn R knee to sway R to look at W & xtnd L arms (fwd L comm to trn LF, sd R w/ slight trn between stps 1 & 2 comm R sd stretch & cont R sd stretch swvl LF, XLib of R keeping L sd in twd ptr relaxing L knee [hd to L w/ shldr almost parallel to ptr] w/ no wgt on R) ;