

Let It In, Let It Out

Phrased, 1 wall, intermediate level

Choreographer: Josie Lim (Malaysia) Aug 2007

Choreographed to: You Are My Desire by Sarah Connor

Intro: Count from vocal "Ooor.... 4x8 (32 counts)

Sequence: ABB, Tag, ABB, C, BBBB

PART A

- 1. R & L SIDE TOE-STRUT, STEP, HITCH, CROSS, UNWIND ½ R**
1-2, 3-4 R side toe-strut, L side toe-strut
5, 6, 7, 8 Step fwd R, Hitch L, Cross L over R, Unwind ½ R
- 2. R & L SIDE TOE-STRUT, STEP, HITCH, LONG FWD, TOUCH**
1-2, 3-4 R side toe-strut, L side toe-strut
5, 6, 7, 8 Step fwd R, Hitch L, Long step fwd L, Touch R to L
- 3. STEP (ON BALL)-FLICK, SLOWLY STEP TOGETHER (WAVE LIKE BODY MOTION)**
1 Step ball of R to R at the same time flick L back (push hips back to start the motion..)
2-3-4 Slowly bring L to R (contract your belly and bend knees slightly on '4')
5-8 Repeat 1-4
- 4. R SIDE MAMBO, HOLD, BACK ROCK, RECOVER, TURN 1/4R, HOLD**
1-4 Rock R to R, Recover on L, Close R to L, Hold
5-8 Rock L back, Turn ¼ R step R in place, Step L to L, Hold
- 5. DIP-SHIMMY TO R AND L**
1-4 Dip and shimmy to R (Wt on R), straightening up
5-8 Dip and shimmy to L (Wt on L), straightening up
- 6. R FWD MAMBO, HOLD, TRIPLE ¾ L, HOLD**
1-4 Rock Fwd on R, Recover on L, Close L to R, Hold
5-8 Triple ¾ L turning on L-R-L, Hold

PART B (CHORUS)

- 1. STEP R, LEFT HEEL LIFT, LEFT HEEL DOWN, R HEEL LIFT, STEP IN-IN, OUT-OUT**
1-2, 3-4 Step R to R, turn to diagonal L, lift L heel, Step L heel down, turn to diagonal R, Lift R heel
5-6, 7-8 Step R in place, Step L to R, Step R to R, Step L to L
- 2. VINE R, POINT L, TWIST ON BALL OF L WITH HIP BUMPS**
1-4 Step R to R, step L behind R, step R to R, Point L to L
5-8 Twist L heel out-in-out-in whilst bump hips up and down in tandem
- 3. FORWARD L, DRAG R, BACK R, DRAG L, BACK L, DRAG R, STOMP R-L**
1-2, 3-4 Step fwd L, drag R to L, Step R back to diagonal R, drag L to R
5-6, 7-8 Step L back to diagonal L, drag R to L, Stomp in place R-L
- 4. ROCKING CHAIR, TOUCH, MONTEREY ½ R, DIP, ARMS WRAP BODY**
1-4 Rock fwd R, recover on L, Rock back R, recover L
5-6 Touch R toe to R, do Monterey ½ R closed R to L
7-8 Dip and straighten up, wrap arms around body moving from hips upward to chest

NOTE: B is always danced twice(2x)

PART C RAP(4x8)

SLOW TEMPO (5x8)

(To be dance once only)

RAP SECTION OF SONG(4x8)

- 1. FWD R, FLICK BACK, FWD L, FLICK BACK, FWD-FWD, BACK-BACK**
1-2, 3-4 Step fwd R, flick L back, Step fwd L, flick R back
5-6, 7-8 Step R fwd, Step L fwd (in line with R), step R back, step L back (slightly apart)
- 2. HAND ACTIONS:**
1-2 Slap R bum with R hand, slap L bum with L hand,
3-8 Sweep R hand across back of hair/head, down to the L side, with the back of R hand caress your L cheek and move downwards and under your chin

3. HAND ACTIONS:

- 1 Bend R arm, palms open, rotate R arm making a small circular motion in front of your chest
- 2 Bend L arm and repeat circular motion (as above)
- 3 Raise R arm pointing up, hand in fist (arm should be bend at elbow and close to body)
- 4 Raise L arm pointing up, hand in fist
- 5 – 8 Shrug shoulder up and down alternating R-L-R-L

4. SIDE STEP, BODY ROLL TO R , REPEAT FOR L SIDE

- 1-4 Step R to R and Roll Body to R
- 5-8 Step L to L and Roll Body to L

SLOW TEMPO IN FOREIGN LANGUAGE (5x8)

1. LONG SIDE R TO R, SLIDE L TO R, LONG SIDE L TO L, SLIDE R TO L

- 1-4 Step long R to R, slide L to R,
- 5-8 Step Long L to L, slide R to L

2. TURN 1/4L STEP LONG R TO R, SLIDE L TO R, LONG STEP L TO L, SLIDE R TO L

- 1-4 Turn ¼ L Step Long R to R, slide L to R,
- 5-8 Long Step L to L, Slide R to L

- 3X8 CONTINUE TO TURN 1/4 L WITH STEP AND SLIDE TOGETHER (AS IN SECT.2)
FOR 3X OF 8 COUNTS UNTIL YOU FACE THE FRONT WALL

TAG: (8 COUNTS) FULL LEFT PADDLE TURNS

- 1-2 Step fwd R, turn 1/4L
- 4-8 Repeat 3x to face front wall

ENDING: To face front wall After Section 2 of Part B, Step Fwd L, pivot 1/2R