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Let It Out

48 Count, 4 Wall, Intermediate

Choreographer: Rachael McEnaney-White (US) May 2017

Choreographed to: Let It Out by Charlie Wilson

feat. Snoop Dogg

Count In: 32 Counts From Start Of Track, Dance Begins On Vocals.

Section 1: L Cross Lock, R Diagonally Back, Hold, L Ball, R Cross, Unwind Full Turn L, R Side, L Behind, R Side, L Cross

1 2 3 Cross lock L over R (1), step R diagonally back (toward 4.30) (2), hold (drag L heel towards R) (3) 12.00

& 4 5 6 Step ball of L to left (&), cross R over L (4), unwind full turn left transferring weight L (5), step R to right side (6) 12.00

7 & 8 Cross L behind R (7), step R to right side (&), cross L over R (8) 12.00

Section 2: R Side, ¼ L Side, R Cross Point, R Side Point, R Sailor, L Kick, L Close, R Side

1 2 3 4 Step R to right (1), make ¼ turn left stepping L to left (2), point R over L (3), point R to right (4) 9.00

5 & 6 Cross R behind L (5), step L next to R (&), step R to right side (body angled to 10.30) (6) 10.30

7 & 8 Kick L forward (7), step L next to R (&), step R to right side (8) 10.30

Section 3: L Hitch, L Close, R Hitch, R Close, L Point-Touch-Point, L Close, R Point, R Close, L Point, Body Roll L, R Close, L Side

1 & 2 & Make 1/8 turn left as you hitch L knee (1), step L next to R (&), hitch R knee (2), step R next to L (&) 9.00

3 & 4 & Point L to left side (3), touch L next to R (&), point L to left side (4), step L next to R (&) 9.00

5 & 6 Point R to right side (5), step R next to L (&), point L to left side (6), 9.00

7 & 8 Transfer weight as you do a body roll left (7), step R next to L (&), step L to left side (8) 9.00

Section 4: ¼ Turn Kicking R, R Side, L Touch Behind, L Kick, L Side, R Touch Behind, R Out, R Touch Behind, R Chasse

1 & 2 Make ¼ turn left kicking R to right diagonal (1), step R to right side (Adv option: kick L to left diagonal at the same time) (&), touch L behind R (2) 6.00

3 & 4 Kick L to left diagonal (3), step L to left side (Adv option: kick R to right diagonal at the same time) (&), touch R behind L (4) 6.00

5 6 Step R out to right side (Adv option: swivel L toe in toward R) (5), push off R foot and touch R behind L

Advanced Option: Swivel L Toe Out (6) 6.00

7 & 8 Step R to right side (7), step L next to R (&), step R to right side (8) 6.00

Section 5: L Cross, R Side, L Behind, R Side, L Heel, L Ball, R Cross, ¼ R Back L, ½ Turning R Shuffle

1 2 3 & 4 Cross L over R (1), step R to right side (2), cross L behind R (3), step R to right side (&), touch L heel to left diagonal (4) 6.00

& 5 6 Step in place on ball of L (&), cross R over L (5), make ¼ turn right stepping back L (6), 9.00

7 & 8 Make ¼ turn right stepping R to right side (7), step L next to R (&), make ¼ turn right stepping forward R (8) 3.00

Section 6: L Ball, R Fwd, L Rock Fwd (Recover With Sweep), L Back With R Sweep, R Coaster Step, L Walk With Knee Pop, R Fwd With Sweep

& 1 2 Step ball of L next to R (&), take a big step forward R (leaning back slightly) (1), rock forward L (2) 3.00

3 4 Recover weight R as you sweep L (3), step back L as you sweep R (4) 3.00

5 & 6 Step back R (5), step L next to R (&), step forward R (6) 3.00

7 8 Step forward L as you pop R knee forward (7), step forward R sweeping L (8) 3.00

Start Again - Happy Dancing