

## **MJK Let It Out**



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 104 Count 1 Wall Phrased Advanced Level Dance.

Choreographed by: EWS Winson (MY), Belle Lee (MY), Tan Lizzie (MY),
Lee Hong (MY) & Theresa Ooi Ghim Choon (MY) May 2023

Choreographed to: Let It Out by Press Play
Intro: 16 Counts. Start at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, Tag, A, B, C, D, D, D, D, B, C, C, Ending

Part A SEC 1 1-2 3&4 5-6 7&8	SIDE ROCK & RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK & RECOVER, BEHIND, SIDE, CROSS Weight on LF Rock RF to R side, recover weight on LF Cross RF behind LF, step LF to L side, cross RF over LF Rock LF to L side, recover weight on RF Cross LF behind RF, step RF to R side, cross LF over RF
SEC 2 1-2& 3-4& 5&6& 7&8	DOROTHY STEP, DOROTHY STEP, SYNCOPATED ROCKING CHAIR, CHASE ½ FORWARD Step RF forward to R diagonal, lock LF behind RF, step RF forward to R diagonal Step LF forward to L diagonal, lock RF behind LF, step LF forward to L diagonal Rock RF forward, recover weight on LF, rock RF back, recover weight on LF Step RF forward, turn ½ L over L shoulder, step RF forward (6:00)
<b>SEC 3</b> 1-2 3&4 5-6 7&8	SIDE ROCK & RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK & RECOVER, BEHIND, SIDE, CROSS Rock LF to L side, recover weight on RF Cross LF behind RF, step RF to R side, cross LF over RF Rock RF to R side, recover weight on LF Cross RF behind LF, step LF to L side, cross RF over LF
SEC 4 1-2& 3-4& 5&6& 7&8	DOROTHY STEP, DOROTHY STEP, SYNCOPATED ROCKING CHAIR, CHASE ½ FORWARD  Step LF forward to L diagonal, lock RF behind LF, step LF forward to L diagonal  Step RF forward to R diagonal, lock LF behind RF, step RF forward to R diagonal  Rock LF forward, recover weight on RF, rock LF back, recover weight on RF  Step LF forward, turn ½ R over R shoulder, step LF forward (12:00)
Part B SEC 1 1-2 3&4 5-6 7&8	MONTEREY ¼ TOE SWITCHES, KNEE POP IN, FORWARD DIAGONAL KICK, SAILOR FORWARD Point R toes to R side, turn ¼ R closing RF next to LF (3:00) Point L toes to L side, close LF next to RF, point R toes to R side - R knee is slightly popped outward Pop R knee in towards LF, recover R knee while kicking RF forward to R diagonal Cross RF behind LF, step LF to L side, step RF forward

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Last Updated: 7/5/2023 13:15:01

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<b>SEC 2</b> 1-2	CROSS, SIDE, SAILOR ½ FORWARD, CAMEL WALKS, FORWARD MAMBO CLOSE  Cross LF over RF, step RF to R side
3&4	Turn ½ L crossing LF behind RF, step RF to R side, step LF forward (9:00)
5-6	Step RF forward as you pop your L knee forward, step LF forward as you pop your R knee forward
7&8	Rock RF forward, recover weight on LF, close RF next to LF
SEC 3	MONTEREY 1/4 TOE SWITCHES, KNEE POP IN, FORWARD DIAGONAL KICK, SAILOR FORWARD
1-2	Point L toes to L side, turn 1/4 L closing LF next to RF (6:00)
3&4	Point R toes to R side, close RF next to LF, point L toes to L side - L knee is slightly popped outward
5-6	Pop L knee in towards RF, recover L knee while kicking LF forward to L diagonal
7&8	Cross LF behind RF, step RF to R side, step LF forward
SEC 4	JAZZ BOX ¼ X2
1-2	Cross RF over LF, turn 1/2 R stepping LF back (9:00)
3-4	Turn another ⅓ R stepping RF to R side, step LF forward
5-6	Cross RF over LF, turn 1/4 R stepping LF back (12:00)
7-8	Turn another ⅓ R stepping RF to R side, step LF forward (12:00)
Part C	
SEC 1	SIDE ROCK CROSSES, 'T' STEP, CLOSE
1&2	Rock RF to R side, recover weight on LF, cross RF over LF
3&4	Rock LF to L side, recover weight on RF, cross LF over RF
5&	Swivel L heel in and point R toes to R side, swivel L toes in and lift R knee beside LF
6&	Swivel L heel in and point R toes to R side, swivel L toes in and lift R knee beside LF
7&	Swivel L heel in and point R toes to R side, swivel L toes in and lift R knee beside LF
8	Close RF next to LF
SEC 2	SIDE ROCK CROSSES, 'T' STEP, CLOSE
1&2	Rock LF to L side, recover weight on RF, cross LF over RF
3&4	Rock RF to R side, recover weight on LF, cross RF over LF
5&6&	Swivel R heel in and point L toes to L side, swivel R toes in and lift L knee beside RF
6&	Swivel R heel in and point L toes to L side, swivel R toes in and lift L knee beside RF
7&	Swivel R heel in and point L toes to L side, swivel R toes in and lift L knee beside RF
8	Close LF next to RF
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SEC 3	WALK, WALK, OUT OUT, BALL CROSS, SIDE, SAILOR STEP, BEHIND TOUCH
1-2 &3&4	Step forward on RF, Step forward on LF Step RF to R side, step LF to L side, step RF beside LF, cross LF over RF
5	Step RF to R side, step EF to E side, step RF beside EF, closs EF over RF
6&7	Cross LF behind RF, step RF to R side, step LF to L side
8	Touch R toes behind LF
O	Touch IX toes bening Li
SEC 4	FORWARD HIP BUMPS, MOONWALK ½ X2
1&	Touch R toes forward bumping hips forward, recover weight on LF bumping hips backward
2	Bump hips forward stepping RF in place
3&	Touch L toes forward bumping hips forward, recover weight on RF bumping hips backward
4	Bump hips forward stepping LF in place
5-6	Press R toes forward gliding LF back, turn ½ L stepping LF forward (6:00)
7-8	Press R toes forward gliding LF back, turn ½ L stepping LF forward (12:00)
Part D	
SEC 1	HAND MOVEMENTS, 1/4 SIDE, CLOSE
1&	Put R hand down on R side with palm facing front, put L hand down on L side with palm facing front
2&	Place R hand on L waist, place L hand on R waist
3&	Place R hand on R hip, place L hand on L hip
4&	Place R hand on L shoulder, place L hand on R shoulder
5&	Place R hand on R shoulder, place L hand on L shoulder
6&	Place R hand on R side of your head, place L hand on L side of your head
7&	Place R fist forward to L diagonal, place L fist forward to R diagonal
8&	Turn ¼ L stepping RF to R side, close LF next to RF (9:00)
Tag	
J	HAND MOVEMENTS
1-2	Put R hand down on R side with palm facing front, put L hand down on L side with palm facing front
3&4&	Place R hand on L waist, place L hand on R waist, place R hand on R hip, place L hand on L hip
5-6	Place R hand on L shoulder, place L hand on R shoulder
7&8&	Place R fist near the R side of your face, place L fist near the R side of your face
8&	Place R fist forward to L diagonal, place L fist forward to R diagonal
Ending	
	HAND MOVEMENTS
1-2	Put R hand down on R side with palm facing front, put L hand down on L side with palm facing front
&3	Place R hand on L shoulder, place L hand on R shoulder
&4	Place R fist forward to L diagonal, place L fist forward to R diagonal

