



Let It Out

Choreographed by **Rachael McEnaney-White (UK/USA) (March 2017)**

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Description:	48 Counts, 4 wall, Int/Adv level line dance
Music:	"Let It Out (feat. Snoop Dogg)" – Charlie Wilson. Approx 3.51 mins
Count In:	32 counts from start of track, dance begins on vocals. Approx 115 bpm
Notes:	
Video:	Click here for YouTube Click here for Facebook

Section	Footwork	End Facing
1 – 8	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
9 – 16	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 (<i>body angled to 10.30</i>) (6)	10.30
7 & 8	Kick L forward (7), step L next to R (&), step R to right side (8)	10.30
17 - 24	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
25 – 32	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 (<i>Adv option: kick L to left diagonal at the same time</i>) (&), touch L behind R (2)	6.00
3 & 4	Kick L to left diagonal (3), step L to left side (<i>Adv option: kick R to right diagonal at the same time</i>) (&), touch R behind L (4)	6.00
5 6	Step R out to right side (<i>Adv option: swivel L toe in toward R</i>) (5), push off R foot and touch R behind L (<i>Adv option: swivel L toe out</i>) (6)	6.00
7 & 8	Step R to right side (7), step L next to R (&), step R to right side (8)	6.00
33 - 40	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
41 – 48	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 (<i>leaning back slightly</i>) (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 😊