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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: $\quad 32$ 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

123 Cross lock L over R (1), step R diagonally back (toward 4.30) (2), hold (drag L heel towards R) (3) 12.00
\& 456 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 \& $8 \quad$ Cross $L$ behind $R(7)$, step $R$ to right side (\&), cross L over R (8) 12.00
Section 2: $\quad$ R Side, $1 / 4$ L Side, R Cross Point, R Side Point, R Sailor, L Kick, L Close, R Side

1234

5 \& $6 \quad$ Cross $R$ behind $L$ (5), step $L$ next to $R(\&)$, step $R$ to right side (body angled to 10.30) (6) 10.30
7 \& $8 \quad$ 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
$1 \& 2$ \& $\quad$ 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
$3 \& 4 \& \quad$ Point $L$ to left side (3), touch $L$ next to $R(\&)$, point $L$ to left side (4), step $L$ next to $R(\&) 9.00$
$5 \& 6 \quad$ Point $R$ to right side (5), step $R$ next to $L$ (\&), point $L$ to left side (6), 9.00
7 \& $8 \quad$ 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: $\quad 1 / 4$ Turn Kicking R, R Side, L Touch Behind, L Kick, L Side, R Touch Behind, R Out, R

 Touch Behind, R Chasse1 \& $2 \quad$ Make $1 / 4$ 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 $R(2) 6.00$
$3 \& 4 \quad$ 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
56 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 \& $8 \quad$ Step $R$ to right side (7), step $L$ next to $R(\&)$, step $R$ to right side (8) 6.00
Section 5: $\quad$ L Cross, R Side, L Behind, R Side, L Heel, L Ball, R Cross, $1 / 4$ R Back L, $1 / 2$ Turning R Shuffle
123 \& 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
\& 56 Step in place on ball of $L(\&)$, cross $R$ over $L$ (5), make $1 / 4$ turn right stepping back $L$ (6), 9.00
7 \& $8 \quad$ Make $1 / 4$ turn right stepping $R$ to right side (7), step $L$ next to $R(\&)$, make $1 / 4$ 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
\& 12 Step ball of $L$ next to $R(\&)$, take a big step forward $R$ (leaning back slightly) (1), rock forward $L$ (2) 3.00
$34 \quad$ Recover weight $R$ as you sweep $L$ (3), step back $L$ as you sweep $R(4) 3.00$
5 \& $6 \quad$ Step back $R(5)$, step $L$ next to $R(\&)$, step forward $R(6) 3.00$
78 Step forward $L$ as you pop $R$ knee forward (7), step forward $R$ sweeping $L$ (8) 3.00

## Start Again - Happy Dancing

