

# FIRST TO LET GO

Description: 48 count 4 wall Intermediate Waltz

Choreographer: **Paul McAdam**

Music: "First to let go" - SheDaisy (Album – Knock on the sky)

Notes: Really cool funky dance, will fit to any music with a similar beat.

## **¼ TURN TWINKLE, BACK, SIDE, CROSS**

- 1 Step forward on left foot beginning an 1/8th of a turn left
- 2 Step forward on right foot continuing 1/8th of a turn left
- 3 Step forward on left foot (Now facing 9.00)
- 4 Step back on right foot
- 5 Step left foot to left side
- 6 Cross right foot over left

## **¼ STEP, FULL TURN SPIRAL, ROCK FORWARD, RECOVER, STEP BACK**

- 1 Make a ¼ turn left and step forward on left foot
- 2 Step right foot forward and slightly in front of left
- 3 Unwind a full turn spiral left, leaving weight on right foot
- 4 Rock forward on left foot
- 5 Recover weight onto right foot
- 6 Step back on left foot

## **TURN, STEP PIVOT TURN, STEP, STEP PIVOT TURN**

- 1 Make a turn right and step forward on right foot
- 2 Step forward on left foot
- 3 Pivot turn right (weight ends on right)
- 4 Step forward on left
- 5 Step forward on right
- 6 Pivot turn left (weight ends on left)

## **STEP, TURN STEP BACK, STEP BACK, BACK, SIDE, IN PLACE**

- 1 Step forward on right foot
- 2 Make a turn right and step back on left foot
- 3 Step back on right foot
- 4 Step back on left foot
- 5 Step right foot out to right side
- 6 Step left foot in place

## **CROSS, CHASSE, CROSS ROCK, RECOVER, SIDE**

- 1 Cross right foot over left foot,
- 2&3 Step left foot to left side, step right foot next to left, step left foot to left side
- 4 Cross rock right foot over left foot
- 5 Recover weight onto left foot
- 6 Step right foot to right side

# FIRST TO LET GO (CONTINUED)

## **DIAGONAL CROSS, SIDE, BEHIND, BEHIND, SIDE, CROSS**

- 1 Heading towards right diagonal (7.30) Step left foot forward
- 2 Step right foot to right side
- 3 Cross left foot behind right

- 4 Step back on right foot straightening up to 6.00
- 5 Step left foot to left side facing 4.30
- 6 Cross right foot over left foot

**DIAGONAL CROSS, SIDE, BEHIND, BEHIND, SIDE , CROSS**

- 1 Straightening up to 3.00 step forward on left foot
- 2 Step right foot to right side facing 1.30
- 3 Cross left foot behind right foot
- 4 Straightening up to 12.00 step back on right foot
- 5 Make a  $\frac{1}{4}$  turn left as you step left foot to left side (now facing 9.00)
- 6 Cross right foot over left foot

**$\frac{1}{4}$  TURN TWINKLE, CROSS ROCK, RECOVER, TOGETHER**

- 1 Make a  $\frac{1}{4}$  turn left and step forward on left foot
  - 2 Step right foot to right diagonal
  - 3 Step left foot to left side
  - 4 Cross rock right foot over left foot
  - 5 Recover weight onto left foot
  - 6 Step right foot together, next to left
- START AGAIN AND ENJOY