

Let It Out

High Intermediate

Length: 2:55

Recorded by: Press Play – World Anthem – available on iTunes

Genre: Christian Pop

Choreo: Mary Smith – Purcellville, Virginia – 540-882-4917 – luv2clog@starpower.net

Seq: Wait 16: A – B – C – Bridge – A – B – C – Break – B – C* – ½ Bridge

Part A - Verse (32 Beats)

H(os) ST DS DS ST H(os) ST DS DS ST H(fwd) ST DS DS
 1& 2 &3 &4 & 5& 6 &7 &8 & 1& 2 &3 &4
 L R L R L R L R L R L R L R

3 Heel Pulls

DS RS ST Toe(xif) Turn(½ R) Clap Cross Turn
 &5 &6 & 7 & 8 (½ Right)
 L RL R L Both

Repeat all of the above facing the back

Part B – Pre-Chorus (32 Beats)

DS DS(xif) DS(os) DS DS DS DS Dbl Hop TchVine Turn
 &1 &2 &3 &4 &5 &6 &7 e& a 8(360° R)
 L R L R L R L R L R

Repeat Vine Turn to the Right

Step & Touches

ST (L arm up, palm facing front, look up) Tch (pull L arm to body, fist facing body, look fwd)
 1 2
 L R

ST (R arm straight out, palm facing back, look right) Tch (pull R arm in, fist facing body, look fwd)
 3 4
 R L

ST (cross arms in front and swing above head) Tch (clap)
 5 6
 L R

ST (swing arms down, all the way around) Tch(slap thighs)
 7 8
 R L

ST(L corner) SK Up H ST(R corner) SK Up H ST(front) H Flap H ST H Flap H ST ST SLHeel Skuffs
 1 & 2 & 3 & 4 & 5 & e a 6 & e a 7 & 8
 L R R R R L L L L R R L L R R L R R

Part C - Chorus (32 Beats)

DS(xib) B T(xib) B B T(xib) B B T(xib) B ST ST Dbl ST Tch ST Dbl ST Tch Up
 &1 & a 2 & a 3 & a 4 & 5 e& a 6 & a7 e & 8
 L RL L R L LR L LR L R R L L R R L L

Gallop

