



LET IT GO

Choreo: Wayne & Barbara Blackford, 8178 Galaxie Dr. Jacksonville, Fl.32244 904/771-2761
(10/15) 4860 E.Main St. D-72, Mesa, Az 85205 480/830-6429 cell: 904/307-5362

E-MAIL: wayneandbarbara@theblackfords.us **WEB SITE:** www.theblackfords.us

MUSIC: Let it Go (from Frozen) download at Casa Musica Premium Standard Ballroom Symphony TR # 5

SEQUENCE: INTRO – A –B-C-A(1-8)-B-C END

Rel. 7/17

RHYTHM: WALTZ **PHASE III + 2 (diamond trn; op telemark)**

FOOTWORK: Opposite, Unless noted (W's footwork & timing in parentheses) **Timing:** Standard Waltz (unless noted)

MEAS.

INTRO

- 1-4** **WAIT; RAISE ARMS; ROLL 3; THRU FACE CLOSE BFLY;**
1-2 **OP/FC WALL LD FT FREE** M fcg ptr & wall about 2 ft apt w/ arms down close to sides of body palms of hands facing thighs ; **[Raise Arms]** Start raising arms out to sides, cont raising arms, comp raising arms to rounded pos in front of chest as if holding a small beach ball ;
3-4 **[Roll 3]** Sd L commence trng LF w/ each stp progressing down LOD, sd & bk R contg LF trn, sd & bk L comp LF trn to fc ptr & WALL (W Sd R commence trng RF w/ each stp progressing down LOD, sd & bk L contg RF trn, sd & bk R comp RF trn to fc ptr & COH); **[Thru fc cl]** Fwd R between ptrs w/ a reaching stp trng RF to fc ptr & wall, sd L, cl R (W Fwd L between ptrs w/ a reaching step trng LF to fc ptr & COH, sd R, cl L)BFLY/WALL ;
- 5-8** **BFLY/WALL WTZ AW; LADY WRAP FACE LOD; FWD WALTZ;THRU FC CL CP/WALL;**
5-6 **[Wtz Aw]** Keeping insd hnds joined sd & fwd L trng awy from ptr, sd & fwd R to LOD, cl L (W Sd & fwd R trng awy from ptr, sd & fwd L to slight bk to bk pos, cl R) ; **[W Wrap]** Fwd R [short stp] retain insd handhold at waist level leading W to make a LF trn, fwd L, cl R join free outsd hnds in front at chest height fc LOD(W Fwd L commence trng LF, sd R continue LF trn, cl L completing LF trn to fc LOD join R hnd to M's L hnd fc LOD) ;
7-8 **[Wtz Fwd]** Fwd L, fwd R, cl L (W Fwd R, fwd L, cl R) LOD ; **[Thru Fc Cl]** Fwd R between ptrs w/ a reaching stp trng RF to fc ptr & wall, sd L, cl R (W Fwd L between ptrs w/ a reaching step trng LF to fc ptr & COH, sd R, cl L)CP/WALL ;

PART A

- 1-4** **WHISK; MANV; SPIN TRN; BOX FINISH SCAR;**
1-2 **(Whisk)** Fwd L, sd R, XLIB of R to SCP/LOD; **[Manv]** Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
3-4 **[Spin Trn]** Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe, sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R); **[Box finish scar]** Bk R commence LF trn, sd R cont LF trn, cl R to L SCAR/DLW;
- 5-8** **CROSS HVR BJO; CROSS HVR SCAR; CROSS HVR SCP; THRU HVR BJO;**
5-6 **[X Hover Bjo]** XLIF of R commence LF trn, sd R cont LF trn, cont trn rec L Bjo/DC; XRIF of L commence RF trn, sd L cont RF trn, cont trn rec R Scar/DW;
7-8 **[X Hover SCP]** XLIF of R, sd R lead W RF trn, sd & fwd L SCP/LOD; **[Thru hvr bjo]** Thru R, sd L slight RF upper body trn & slight stretch, rec bk R Bjo/DLW;;
- 9-12** **BK BK/LK BK; BK HVR SCP; THRU SEMI CHASSE; THRU FC TCH CP/WALL;**
12&3 **[bk b/lk bk]** Bk L, bk R/lk Lif, bk R; **[bk hvr scp]** Bk L, sd & bk R w/slight rise, sd & fwd L SCP DLW (W fwd R, sd & fwd L rising & trn to SCP, sd & fwd R) SCP/DLW;
11 -12 **[SCP Chasse]** Thru R, sd L/clis R, sd L to SCP;**[Thru fc tch]** thru R, sd L to fc ptr, tch R to L CP/WALL;
- 13-16** **DIP BK; MANV; SPN TRN; BX FIN;**
123 **13 -14** **[Dip Bk]** Bk L flex knee, hold,-; **[Manv]** Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R to L CP/RLOD;
15-16 **[Spin Trn]** Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe W sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R); **[Box finish CP/DLC]** Bk R commence LF trn, sd R cont LF trn, cl R to L CP/DLC;

PART B

- 1-4** **1 LF TURN; BK CHASSE SCP; P/U CP/DLC *;TELEMARK BJO;**
- 1-2 **[1 LF Trn]** Fwd L comm LF turn, fwd & sd R cont trn, cl L CP RLOD(W bk R, sd & bk L trng LF, cl R); **[Bk chasse SCP/DLC]** Bk R, trng LF sd L/cl R, sd & fwd L trng LF to SCP(W fwd L, trng LF sd R/cl L, sd & fwd R trng RF SCP);
- 3-4 **[p/u]** Fwd R slight LF upper body trn,-, sd & fwd L, cl R to L cont slight LF trn (W fwd L comm LF trn, -, sd & fwd R cont trn, cl L:{*option w p/u lk} CP/DLC;
[cl telemark bjo] Fwd L, fwd & sd R turning LF, fwd L Contra BJO DW (W bk R, draw L heel past R turning LF close L to R, cont turn to Contra BJO bk R);
- 5-8** **FWD FWD/LK FWD; MANUVER; SPIN TURN; BOX FINISH CP/DLC;**
- 5-6 **[Fwd lk]** Fwd R, fwd L/XRIB(WXLIF),fwd L; **[Manv]** Fwd R comm RF trn, sd & fwd L turning RF, cl R to L CP RLOD; L);
- 7-8 **[Spin Trn]** Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe W sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R); **[Box finish]**Bk R commence LF trn, sd R cont LF trn, cl R to L CP/DLC;

PART C

- 1-4** **DIAMOND TRN;;;:**
- 1-4 **[Diam Trn]** Fwd L trng LF to DLC, cont LF trn sd R, bk L to BJO DRC; Trng LF bk R, sd L, fwd R to BJO DRW; Fwd L trng LF, sd R, bk L to BJO DLW; Trng LF bk R, sd L, fwd R to BJO DLC (Bk R trng LF, cont LF trn sd L, fwd R to BJO; Fwd L trng LF, sd R, bk L to BJO; Bk R trng LF, cont LF trn sd L, fwd R to BJO; Fwd L trng LF, sd R, bk L to BJO
- 5-8** **1 LF TRN; HVR CORTE; BK & RT CHASSE SCAR/DRW; CHK REV SCP/DLW;**
- 5-6 **[1 LF Trn]** Fwd L comm LF turn, fwd & sd R cont trn, cl L CP RLOD(W bk R, sd & bk L trng LF, cl R); **[hvr corte]** Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;
- 7-8 **[Bk & R Chasse Scar]** Bk L commence RF trn, cont RF trn sd R/cl L, sd & fwd R blend Bfly Scar/RDW;**[Chk rec SCP]**Fwd small step L outside partner in Contra SCAR on toes checking. rec in place R, trng to SCP sd & fwd L twd DLW;
- 9 – 12** **SEMI CHASSE; MANV; SPN TRN; BX FIN;**
- 9-10 **[SCP Chasse]** Thru R, sd L/cl R, sd L to SCP; thru R, sd L to fc ptr, tch L to R CP/WALL;
[Manv] Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R to L CP/RLOD;
- 11-12 **[Spin Trn]** Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe W sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R); **[Box finish CP/DLC]** Bk R commence LF trn, sd R cont LF trn, cl R to L CP/DLC;
- 13-16** **OP TELE; THRU FC CL BJO/WALL; WHEEL 6 TO CP/WALL;**
- 13-14 Fwd L, fwd & sd R turning LF, fwd L (W bk R, draw L heel past R turning LF close L to R, fwd R) SCP/DLW; **[Thru fc cl]** thru R, sd L to fc ptr,cl L to R to BJO/DLW;
- 15-16 **Bjo/DLW [Wheel 6]** In BJO start a RF couple turn Fwd L, Fwd R, Fwd L, -; Fwd R, Fwd L, Fwd R, -CP/WALL;

PART A MOD 1 – 8

- 1-5** **WHISK; MANV; SPIN TRN; BOX FINISH SCAR;**
- 1-2 **(Whisk)** Fwd L, sd R, XLIB of R to SCP/LOD; **[Manv]** Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RLOD;
- 3-4 **[Spin Trn]** Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe W sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R); **[Box finish scar]** Bk R commence LF trn, sd R cont LF trn, cl R to L SCAR/DLW
- 5-8** **CROSS HVR BJO; CROSS HVR SCAR; CROSS HVR SCP; P/U CP/DLC**
- 5-6 **[X Hover Bjo]** XLIF of R commence LF trn, sd R cont LF trn, cont trn rec L Bjo/DC; XRIF of L commence RF trn, sd L cont RF trn, cont trn rec R Scar/DW;
- 7-8 **[X Hover SCP]** XLIF of R, sd R lead W RF trn, sd & fwd L SCP/LOD; **[p/u]** Fwd R slight LF upper body trn,-, sd & fwd L, cl R to L cont slight LF trn (W fwd L comm LF trn, -, sd & fwd R cont trn, cl L:{option w p/u lk} CP/DLC

PART B**PART C****END**

1 – 4

HOVER; THRU HVR BJO; BK HVR SCP; CHAIR & HOLD;

- 1-2 **[Hvr]** Fwd L, sd & fwd R, rec fwd L to SCP/LOD; **[Thru hvr bjo]** Thru R, sd L slight RF upper body trn & slight stretch, rec bk R (W Thru L, fwd R trn LF, rec fwd L)Bjo/DLW;;
- 3-4[**(Bk Hover to SCP)** Bk L, sd & bk with a slight rise, rec L (W fwd R, sd & fwd L commence RF trn with a slight rising brush R to L, cont RF trn sd & fwd R) to SCP/LOD; **[Chair hd]** Chk thru R, hold, extend;