

# This Is It

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Kitty Russell (USA) - December 2018

Musik: This Is It - Michael Jackson



**Begin after 16 beats, with vocals, "This is it..." - right lead**

## **POINT, STEP ACROSS X 4**

- 1-2 Point R to right (1), step R across L (2)
- 3-4 Point L to left (3), step L across R (4)
- 5-6 Point R to right (5), step R across L (6)
- 7-8 Point L to left (7), step L across R (8)

## **MOON WALK BACK 4**

- 1 Slide R toe back, then heel down (1)
- 2 Slide L toe back, then heel down (2)
- 3 Slide R toe back, then heel down (3)
- 4 Slide L toe back, then heel down (4)

## **ROCK RIGHT, RECOVER, CROSS TRIPLE TO LEFT, ROCK LEFT, 1/4 TURN RIGHT, TRIPLE IN PLACE**

- 5-6, 7&8 Rock R to right (5), recover L (6), cross triple R (7), L (&), R (8) to left
- 1-2, 3&4 Rock L (1), step R turning 1/4 right (3:00)(2), triple step L (3), R (&), L (4) in place

## **ROCK RIGHT, RECOVER, CROSS TRIPLE TO LEFT, ROCK LEFT, 1/4 TURN RIGHT, TRIPLE IN PLACE**

- 5-6, 7&8 Rock R to right (5), recover L (6), cross triple R (7), L (&), R (8) to left
- 1-2, 3&4 Rock L (1), step R turning 1/4 right (6:00)(2), triple step L (3), R (&), L (4) in place

## **ROCKING CHAIR WITH 1/4 TURN LEFT**

- 5-8 Rock R forward (5), step L in place (6), rock R back making 1/4 turn left (3:00) (7), step L in place (8)

**Restart**

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