

This Is It

Count: 32

Wand: 4

Ebene: Novice / Beginner WCS

Choreograf/in: Camilla Beskow & Barry Arbeider (SCO) - November 2009

Musik: This Is It - Michael Jackson



STEP RIGHT TO THE SIDE, KNEE POP, ¾ TURN, WALK, WALK, ANCHOR STEP;

- 1 RF step side right, knee pop out
- & RF knee pop in
- 2 RF knee pop out
- 3 LF put weight on, ¼ turn right
- 4 ending ½ turn right (9.00)
- 5 RF walk forward
- 6 LF walk forward
- 7 RF step behind LF
- & LF step in place
- 8 RF step in place

½ TURN LEFT, 1 ¼ TRACE TURN, WALK, WALK, ½ SAILORTURN;

- 1 RF ½ turn left (3.00)
- 2 LF put weight on, start turning
- 3 LF ½ turn left, keep RF next to LF
- 4 LF ¾ turn left, keep RF next to LF (12.00)
- 5 RF step forward
- 6 LF step forward
- 7 RF/LF ½ turn right on LF, cross RF behind LF (6.00)
- & LF step to side
- 8 RF step to side

KICK, CROSS, POINT, KICK, CROSS, POINT, KNEE POPS;

- 1 LF kick forward
- & LF cross over RF
- 2 RF point to side, hands out and click fingers
- 3 RF kick forward
- & RF cross over LF
- 4 LF point to side, hands out and click fingers
- 5 RF/LF knee pop in, heels out
- & RF/LF knee pop out, heel in
- 6 RF/LF knee pop in, weight on LF, RF toe up
- 7 RF/LF knee pop in, heels out
- & RF/LF knee pop out, heel in
- 8 RF/LF knee pop in, weight on RF, LF toe up

DRAG, CROSS, STEP, CROSS, SWEEP, 1/4 TURN LEFT, ILLUSION WALKS;

- 1 LF drag heel to RF
- 2 LF cross behind RF
- & RF step to the side
- 3 LF cross over RF
- 4 LF ¼ turn left with sweep RF (3.00)
- 5 RF/LF weight on RF, push LF backwards
- 6 RF/LF step LF in place, push RF backwards
- 7 RF/LF step RF in place, push LF backwards

