

# This Is It

Compte: 48

Mur: 2

Niveau: Phrased High Beginner



Chorégraphe: Mimmi Danielsson (SWE) - October 2023

Musique: This Is It - Oh The Larceny

Intro: 16 counts from first beat

No restarts, no tags.

Sequence: A B A B A B A B A A

## A1 Rock L, Recover, Weave, Kick ball change ×2

1-2 Step LF to L side, Recover on RF  
3&4 Step LF behind, Step RF to R side, Step LF fwd  
5&6 Kick RF forward, Recover on RF ball, Step down on LF  
7&8 Kick RF forward, Recover on RF ball, Step down on LF

## A2 Rock fwd, Recover, Shuffle 1/4 R, Jazzbox

1-2 Step RF forward, Recover weight on LF  
3&4 Step RF 1/4 R, Step LF together, Step RF to R side  
5-6 Step LF cross over RF, Step RF back  
7-8 Step LF to L side, Touch R

## A3 Monterey turn 1/4 R, Monterey turn 1/4 R with touch

1-2 Point R toe to R side, make a 1/4 turn R on ball of LF, stepping RF next to LF  
3-4 Point L toe to L side, Step LF next to RF  
5-6 Point R toe to R side, make a 1/4 turn R on ball of LF, stepping RF next to LF  
7-8 Point L toe to L side, Touch LF next to RF

## A4 Rocking chair, Shuffle 1/4 R, Weave

1-2 Step LF forward, Recover on RF  
3-4 Step LF back, Recover on RF  
5&6 Turn 1/4 R and Step LF to L side, Step RF together, Step LF to L side  
7&8 Step RF behind LF, Step LF to L side, Step RF cross over LF

## B1 Stomp L, Hold, Weave, Stomp R, Hold, Weave

1-2 Stomp LF to L side, hold still and recover weight on RF  
3&4 Step LF behind RF, Step RF to R side, Step LF cross over RF  
5-6 Stomp RF to R side, hold still and recover weight on LF  
7&8 Step RF behind LF, Step LF to L side, Step RF cross over LF

## B2 Stomp L, Hold, Weave, Paddle turn 1/2 L

1-2 Stomp LF to L side, hold still and recover weight on RF  
3&4 Step LF behind R, Step RF to R side, Step LF cross over RF  
5-6 Turn 1/8 left stomp right to right, turn 1/8 left stomp right to right  
7-8 Turn 1/8 left stomp right to right, turn 1/8 left and step down on RF

Enjoy and Good Luck

Submitted by: Marie Olsson, meolsson@gmail.com