

# This Is It!

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Rachael Pugh (UK)

**Musique:** (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



## **MAMBOS FORWARD, BACK, SIDE, SIDE**

- 1&2 Step left forward, rock back onto right in place, step left next to right  
3&4 Step right back, rock forward onto left in place, step right next to left  
5&6 Step left to side, rock onto right in place, step left next to right  
7&8 Step right to side, rock onto left in place, step right next to left

## **PIVOT HALF TURN, MAMBO FORWARD, VINE 2, QUARTER TURN HEEL-BALL-CHANGE**

- 9-10 Step left forward, pivot half turn to right, weight now on right  
11&12 Step left forward, rock onto right in place, step left next to right  
13-14 Step right to side, step left behind right  
&15 Step back on right making quarter turn left, touch left heel diagonally forward  
&16 Step on ball of left in place, step on right beside left

## **SHUFFLE FORWARD TWICE (SECOND WITH OPTIONAL FULL TURN), SIDE ROCK CROSS TWICE**

- 17&18 Shuffle forward on left, right, left  
19&20 Shuffle forward on right, left, right (with optional full turn to left)  
21&22 Step left to side, rock onto right in place, step left across right  
23&24 Step right to side, rock onto left in place, step right across left

## **DIAGONAL STEPS TRAVELING BACK, STOMP TWICE, FULL TURN TRAVELING RIGHT, CHASSE RIGHT**

- 25& Step left back about 45 degrees, step right in front of left  
26& Step left back about 45 degrees, step right in front of left  
27 Step left back about 45 degrees  
&28 Stomp right to side, stomp left next to right  
29-30 Making half turn to right step forward on right, step left back making another half turn to right  
31&32 Step right to side, close left to right, step right to side

## **REPEAT**

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