

MJ This is it

Compte: 32

Mur: 4

Niveau: Intermediate / Advanced

Chorégraphe: Sobrielo Philip Gene (SG) - October 2009

Musique: This Is It - Michael Jackson



Start after he sings "this is it"

Rock Recover, Back, Lock Step, ¼ Side Rock Cross, ½ Turn

- 1-2& Rock right forward, recover to left, step right back
- 3&4 Step left forward, lock right behind left, step left forward
- 5&6 Turn ¼ left and rock right to right, recover to left, cross right over left
- 7-8 Turn ¼ right and step left back, turn ¼ right and step right to side

Step Slide Behind ¼ Step, Mambo, Paddle Back ½ Turn

- 1-2& Step left long step to left, cross right behind left, turn ¼ left and step left forward
- 3&4 Rock forward right, recover to left, step right together
- 5& Turn 1/8 left and rock left to side, recover to right
- 6& Turn 1/8 left and rock left to side, recover to right
- 7& Turn 1/8 left and rock left to side, recover to right
- 8 Turn 1/8 left and step left together

Side Rock Full Turn Twice, Side Cross And Cross, ¼ Turn Step

- 1&2 Rock right to side, turn ¼ left recover to left, turn ¼ left and step right to side
- 3&4 Rock left to side, turn ¼ left recover to right, turn ¼ right and step left to side
- 5&6 Rock right to side, recover to left, cross right over left
- &7-8 Step left to side, cross right over left, turn ¼ left and step left forward

Pivot ½ Turn Step, Full Turn Forward, Twist Snap

- 1&2 Step right forward, turn ½ left, step right forward
- 3&4 Step left forward, turn ½ right and step right back, turn ½ right and step left forward
- 5-6 Twist right heel out to right, twist right to right, snap right hand to right down
- 7-8 Twist right heel back to left, twist right back to left, snap right hand to right up

Repeat
