

# It Is What It Is

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Helen Woods (USA) - July 2015  
音乐: Let It Go - George Strait : (CD: Let It Go - Single / iTunes and Amazon)



Alternative Music: Girl At Home by Taylor Swift [CD: Girl At Home – Single / iTunes and Amazon]

#16 count intro, 'Let It Go', but dance starts during the intro after the first 8 counts, i.e., the dance starts on the second 8 count of the intro

#32 count intro, 'Girl At Home'

## FRONT ROCK, RECOVER, COASTER STEP, STEP, TURN, CROSS SIDE CROSS

- 1-2      Rock left forward, recover to right
- 3&4      Step left back, step right beside left, step left forward
- 5-6      Step right forward, turn  $\frac{1}{4}$  left with weight to left (9:00)
- 7&8      Step right across left, step left to side, step right across left

## SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

- 1-2      Step left to side, step right behind left
- 3-4      Step left to side, step right across left
- 5-6      Rock left to side, recover to right
- 7&8      Step left behind right, step right to right side, step left across right

## SIDE, HOLD TOGETHER SIDE, TOUCH, SIDE, HOLD TOGETHER SIDE, TOUCH

- 1      Step right to side
- 2&3      Hold, step ball of left beside right, step right to side
- 4      Touch left beside right
- 5      Step left to side
- 6&7      Hold, step ball of right beside left, step left to side
- 8      Touch right beside left

## BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FRONT ROCK, RECOVER, COASTER STEP

- 1-2      Rock right back, recover to left
- 3-4      Rock right to side, recover to left
- 5-6      Rock right forward, recover to left
- 7&8      Step right back, step left beside right, step right forward

## REPEAT

TAG (for only Let It Go – no Tag for Girl At Home) After 7 rotations (original 3:00)

## WALK 4 STEPS CLOCKWISE IN A $\frac{3}{4}$ ARC

To the right making a  $\frac{3}{4}$  arc back to the original 12:00 position

- 1-4      Turn  $\frac{1}{8}$  right stepping left forward, turn  $\frac{1}{4}$  right stepping right forward, turn  $\frac{1}{4}$  right stepping left forward, turn  $\frac{1}{8}$  right stepping right forward