

This Is It

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hazel Pace (UK)
音乐: I Finally Found Someone - Lorrie Morgan & Sammy Kershaw



CROSS, SIDE, ¼ TURN LEFT, STEP, FULL TURN RIGHT, SYNCOPATED CROSS ROCKS TWICE

- 1&2 Cross left over right, step right to right side, ¼ turn left stepping left to side
3&4 Step forward right, on ball of right ½ turn right stepping back on left, on ball of left ½ turn left stepping forward on right. (option 3 & 4 - step, lock, step on right, left, right)
5&6 Cross rock left over right, recover on right, step left to left side
7&8 Cross rock right over left, recover on left, step back on right to right diagonal

WEAVE BACK RIGHT & LEFT DIAGONAL WITH LEG LIFT, BACK, CROSS SIDE STEP WITH LEG LIFT, SAILOR STEP ¼ TURN LEFT, STEP BACK ½ TURN LEFT

- 1& Cross left over right, step back on right. (moving back to right diagonal)
2& Step back on left, cross right over left. (moving back to left diagonal)
3 Step back on left, lifting right leg slowly to right diagonal
4& Step down on right slightly behind left foot, cross left over right
5 Large step on right to right side lifting left leg slowly to left diagonal

On counts 3 & 5 leg lifts, raise body up

- 6& Step left behind right, step right to right side
7 Sharp ¼ turn left on left stepping down on full foot - straight left leg
8& On left foot ½ turn left stepping back on right, step left to left side

CROSS ROCK, RECOVER, BACK, CROSS, ¾ TURN LEFT, RUN LEFT, RIGHT, LEFT, ROCK ½ TURN

- 1-2 Cross right over left rocking body to left diagonal, recover on left
&3 Small step back on right, cross left over right.
4 Step right to right side on ball of right ¾ turn left
5&6 Run forward on left, right, left
7&8 Rock forward on right, recover on left, ½ turn right stepping forward on right

FULL TURN RIGHT, ¼ TURN RIGHT, SIDE ROCK, ROCK BEHIND ½ TURN LEFT, SIDE, CROSS, POINT

- 1& On ball of right ½ turn right stepping back on left, on ball of left ½ turn right stepping forward on right. (option 1 & - quick walk forward right, left)
2 Step forward left ¼ turning right and leaning body to left
3-4 Rock onto right swaying body right, rock onto left swaying body left
5& Rock right behind left, recover on left
6 Stepping right to side ½ turn left on ball of right foot
7&8 Step left to left side, cross right over left, point left toes to left side

REPEAT