

# MJ This is it

COPPERKNOB  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Intermediate / Advanced  
编舞者: Sobrielo Philip Gene (SG) - October 2009  
音乐: 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

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