

# MJ This is it

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate / Advanced  
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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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