

# It Is What It Is

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Helen Woods (USA) - July 2015  
音樂: 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