

# This Is It

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Kitty Russell (USA) - December 2018  
音樂: This Is It - Michael Jackson



Begin after 16 beats, with vocals, "This is it..." - right lead

## POINT, STEP ACROSS X 4

1-2            Point R to right (1), step R across L (2)  
3-4            Point L to left (3), step L across R (4)  
5-6            Point R to right (5), step R across L (6)  
7-8            Point L to left (7), step L across R (8)

## MOON WALK BACK 4

1            Slide R toe back, then heel down (1)  
2            Slide L toe back, then heel down (2)  
3            Slide R toe back, then heel down (3)  
4            Slide L toe back, then heel down (4)

## ROCK RIGHT, RECOVER, CROSS TRIPLE TO LEFT, ROCK LEFT, 1/4 TURN RIGHT, TRIPLE IN PLACE

5-6, 7&8      Rock R to right (5), recover L (6), cross triple R (7), L (&), R (8) to left  
1-2, 3&4      Rock L (1), step R turning 1/4 right (3:00)(2), triple step L (3), R (&), L (4) in place

## ROCK RIGHT, RECOVER, CROSS TRIPLE TO LEFT, ROCK LEFT, 1/4 TURN RIGHT, TRIPLE IN PLACE

5-6, 7&8      Rock R to right (5), recover L (6), cross triple R (7), L (&), R (8) to left  
1-2, 3&4      Rock L (1), step R turning 1/4 right (6:00)(2), triple step L (3), R (&), L (4) in place

## ROCKING CHAIR WITH 1/4 TURN LEFT

5-8            Rock R forward (5), step L in place (6), rock R back making 1/4 turn left (3:00) (7), step L in place (8)

Restart

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