

This Is It

COPPER KNOB
BY STEPHEN BRETZ

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
