This Is It

拍數: 32 **牆數:** 2 **級數:** Intermediate
編舞者: Dee Musk (UK) - May 2019
音樂: This Is It - Scotty McCreery : (Album: Seasons Change)

#16 Count Intro from the Guitar. Approx 20 secs – Start on Vocals. Track approx 3 mins 51 secs.
***4 Count Tag danced 3 times. Two Restarts.**
Track available from iTunes.co.uk

Side Sweep, Behind, Side, Cross Rock, Side Rock, Behind Sweep, Behind, Side, Cross, Side, Close.

1,2&	Step L to L side sweeping R to behind L, step R behind L, step L to L side.
3&4&	Cross rock R over L, recover weight to L, rock R to R side, recover weight to L.
5	Cross step R behind L sweeping L to behind R.
6&7	Step L behind R, step R to R side, cross L over R.
8&	Step R to R side, step L beside R. (12 o'clock).

Walk R, Walk L, Rocking Chair, Step, Tap, Recover Sweep, Sailor Step, &.

1,2	Walk forward R, walk forward L.
3&4&	Rock forward on R, recover weight to L, rock back on R, recover weight to L.
5&6	Step forward on R, tap L behind R, recover weight to L sweeping R to behind L.
7&8&	Cross step R behind L, step L to L side, step R to R side, step L beside R. (12 o'clock).

****Restart 1 – with step change during wall 3 – begin again facing 12 o'clock.**

Side, Back Rock, Side Touch, Side Touch, Rumba Box Forward, Rumba Box Back.

1,2&	Step R to R side, cross rock L behind R, recover weight to R.
3&4&	Step L to L side, touch R beside L, step R to R side, touch L beside R.
5&6	Step L to L side, step R beside L, step forward on L.
7&8	Step R to R side, step L beside R, step back on R. (12 o'clock).

****Restart 2 – during wall 7 – begin again facing 6 o'clock.**

Ball, Cross, Side, Sailor ½ Turn Cross R, Ball, Cross, Unwind Full Turn L, Side,Back Rock.

&1,2	Step L beside R, cross R over L, step L to L side.
3&4	Cross step R behind L, make ½ turn R stepping L to L side, cross R over L.
&5	Step L beside R, cross R over L.
6	Unwind a full turn L (weight on L).
7,8&	Step R to R side, cross rock L behind R, recover weight to R. (6 o'clock).

TAG: 4 Count Tag – Danced end of walls 1, 4 and 8. Begin again.
L Side, Back Rock, R Side, Back Rock.

1,2&	Step L to L side, cross rock R behind L, recover weight to L.
3,4&	Step R to R side, cross rock L behind R, recover weight to R.

**** Restart 1 – During wall 3 - dance to count 8 of Section 2, then touch L beside R.**
Begin again facing 12 o'clock wall.

**** Restart 2 – During wall 7 - dance to count 8 of Section 3. Begin again facing 6 o'clock wall.**

Enjoy

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