

# This Is It

拍數: 48      牆數: 2      級數: Phrased High Beginner  
編舞者: Mimmi Danielsson (SWE) - October 2023  
音樂: This Is It - Oh The Larceny



Intro: 16 counts from first beat

No restarts, no tags.

Sequence: A B A B A B A B A A

## A1 Rock L, Recover, Weave, Kick ball change ×2

1-2            Step LF to L side, Recover on RF  
3&4           Step LF behind, Step RF to R side, Step LF fwd  
5&6           Kick RF forward, Recover on RF ball, Step down on LF  
7&8           Kick RF forward, Recover on RF ball, Step down on LF

## A2 Rock fwd, Recover, Shuffle 1/4 R, Jazzbox

1-2            Step RF forward, Recover weight on LF  
3&4           Step RF 1/4 R, Step LF together, Step RF to R side  
5-6           Step LF cross over RF, Step RF back  
7-8           Step LF to L side, Touch R

## A3 Monterey turn 1/4 R, Monterey turn 1/4 R with touch

1-2            Point R toe to R side, make a 1/4 turn R on ball of LF, stepping RF next to LF  
3-4            Point L toe to L side, Step LF next to RF  
5-6            Point R toe to R side, make a 1/4 turn R on ball of LF, stepping RF next to LF  
7-8            Point L toe to L side, Touch LF next to RF

## A4 Rocking chair, Shuffle 1/4 R, Weave

1-2            Step LF forward, Recover on RF  
3-4            Step LF back, Recover on RF  
5&6           Turn 1/4 R and Step LF to L side, Step RF together, Step LF to L side  
7&8           Step RF behind LF, Step LF to L side, Step RF cross over LF

## B1 Stomp L, Hold, Weave, Stomp R, Hold, Weave

1-2            Stomp LF to L side, hold still and recover weight on RF  
3&4           Step LF behind RF, Step RF to R side, Step LF cross over RF  
5-6           Stomp RF to R side, hold still and recover weight on LF  
7&8           Step RF behind LF, Step LF to L side, Step RF cross over LF

## B2 Stomp L, Hold, Weave, Paddle turn 1/2 L

1-2            Stomp LF to L side, hold still and recover weight on RF  
3&4           Step LF behind R, Step RF to R side, Step LF cross over RF  
5-6           Turn 1/8 left stomp right to right, turn 1/8 left stomp right to right  
7-8           Turn 1/8 left stomp right to right, turn 1/8 left and step down on RF

Enjoy and Good Luck

Submitted by: Marie Olsson, meolsson@gmail.com