

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