

# This Is 30

拍數: 48      牆數: 1      級數: Phrased Advanced  
編舞者: Shane McKeever (N.IRE) & Fred Whitehouse (IRE) - January 2024  
音樂: This Is 30 - Loren Rosko



**Intro: 32 counts, approximately 16 seconds. Start with the weight on L foot.**

**Sequence: A, B, A, Tag, A, A, B, A, Tag, Tag, Ending**

## A Pattern – 32 counts, 1 wall

**[1 – 8]: Scuff R, side R, L sailor step, ball side L, 1/8 fwd R, press L fwd, swivel L heel out in**

- 1-2            Scuff R fwd, step R out to R side
- 3&4           Cross L behind R, step R to side, step L to L side
- &5-6          Step R next to L, step L to L side, turn 1/8 L crossing R over L
- 7&8           Press L ball fwd (10:30), Swivel L heel out L and back again (weight on R)

**[9 – 16]: Back LR, twist heels R & L & down, 1/8 side point click, step R look, roll hips from L to R**

- 1-2            Step back on L, R next to L
- 3&4            Twist heels up to R (you're on your toes), twist both heels to L side, twist heels to R and down (weight R)
- &5-6          Turn 1/8 L stepping L to L side, point R to R side clicking R hand to L, transfer weight to R looking and clicking to R side
- 7-8            Roll hips counter-clockwise transferring weight to L and back to R

**[17 – 24]: Cross L over R, back R, shuffle 1/4, step R fwd, knee pop, down L, ball dip 1/4 R**

- 1-2            Cross L over R, step back on R
- 3&4            Turn 1/4 L stepping L fwd, step R next to L, step L fwd (facing 6:00)
- 5&6            Step R fwd, lift both heels, step L down
- &7-8          Close R next to L, step L fwd bending in knees, turn 1/4 R onto R straightening up in knees (9:00)

**[25 – 32]: 3/4 circle R walking LRLR, rock L fwd, recover on R, point L back, 1/2 turn L**

- 1-4            Walk in 3/4 circle to R walking L, R, L, R (6:00)
- 5-8            Rock L fwd rolling hips fwd and back, recover on R, Point L foot back, turn 1/2 L stepping down on L (12:00)

## B Pattern – 16 counts, 1 wall

**[1 – 8]: R basic night club, sway LR, 1/4 L fwd, full turn L sweep, cross 1/4 R into R lunge, 1/4 L, step 1/2 turn L**

- 1-2&          Step R to R side, close L behind R, cross R over L
- 3&            Step L to L swaying body L, sway body R. Styling: R index finger point up, to the L, down, and to the R side
- 4&5          Turn 1/4 L stepping L fwd, turn 1/2 L stepping back on R, turn 1/2 L stepping L fwd and sweeping R fwd (3:00)
- 6&7          Cross R over L, turn 1/4 R stepping back on L, lunge R to R side (12:00). Styling: hug yourself
- &8&          Turn 1/4 L stepping L fwd, step R fwd, turn 1/2 L stepping L fwd (3:00)

**[9 – 16]: 1/4 L into half diamond, rock R fwd, recover, step turn 1/2, full turn L, 1/8 out RL**

- 1-2&          turn 1/4 L stepping R to R side, turn 1/8 L stepping L back, step R back (10:30)
- 3-4&          Turn 1/4 L step L fwd, step R fwd, step L fwd (7:30)
- 5&            Rock R fwd, rock L back ... Styling: roll in hips fwd and back
- 6&7&          Step R fwd, turn 1/2 L onto L, turn 1/2 L stepping R back, turn 1/2 L stepping L fwd (1:30)
- 8&            Turn 1/8 L stepping R to R side, step L to L side (12:00)

**Tag – 16 counts**

**[1 – 8]: Down R with hip rolls, hitch and snap fingers R, down L with hip rolls, ½ L hitch and snap fingers L**

- 1-4 Step R to R side bending in knees rolling hips RLRLR, straighten knees and hitch L snapping R fingers up
- 5-8 Step L to L bending knees rolling hips LRLRL, straighten knees turning ½ L hitching R & snap L fingers up

**[9 – 16]: Dorothy step, step, lock, reverse chug ½ L, together**

- 1-2& Step R fwd on R diagonal, lock L behind R, step R fwd
- 3-4 Step L fwd on L diagonal, lock R behind L
- 5-8 Turn ¼ L chugging L to L side, repeat chugs twice, turn ¼ L stepping L next to R

**Ending – 16 counts**

**[1 – 8]: Side R, touch and snap fingers R, Hold X2, repeat to L side**

- 1-4 Step R to R side bringing R hand to L, snap fingers to R side and touch L foot into the floor, Hold, hold
- 5-8 Step L to L side bringing L hand to R, snap fingers to L side and touch R foot into the floor, Hold, hold

**[9 – 16]: Step R back w arms crossed, touch and snap fingers, Hold X2, side L, touch, Hold, repeat steps but with hands, step L out L with hands**

- 1-4 Step R back crossing arms in front of body, snap both fingers to sides and touch L foot fwd, Hold, hold
- &5-6 Step L to L side raising L hand to L with three fingers up, touch R next to L, hold
- &7-8 L arm goes down as you step R to R side raising R hand up forming a zero, touch L next to R, Hold
- 1 Step L to L side raising both hands up showing 30 (as above)

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