

This Is It!

拍數: 0 牆數: 0 級數:
編舞者: Max Perry (USA)
音樂: This Is It - Melba Moore



Sequence: Dance starts on the vocals. AAB, AB, AAB, AA. For a final pose at the end of the sequence, step left forward, point right to side after you complete the final Section A.
Regular version - not disco mix

PART A

KICK & KICK & SHUFFLE STEP, KICK & KICK & SHUFFLE STEP

1&2& Kick left forward, step left next to right, kick right forward, step right next to left
3&4 Left shuffle forward (left, right, left)
5&6& Kick right forward, step right next to left, kick left forward, step left next to right
7&8 Right shuffle forward (right, left, right)

ROCK STEP, SHUFFLE STEP TURNING ½ LEFT, 2X KICK BALL, TOUCH SIDE

1-2 Rock left forward, step right in place (recover) and start to turn left
3&4 Finish ½ turn left as you do a left shuffle forward (left, right, left)
5&6 Kick right forward, step right next to left, touch left to left side
7&8 Kick left forward, step left next to right, touch right to right side

JOSÉ CUERVO TO CROSS OVER, STEP BACK TURNING ½ LEFT, LEFT SIDE SHUFFLE

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)
5-6 Cross left over right as you start to turn ½ left, step right back as you finish the ½ turn left
7&8 Left shuffle to left side (left, right, left)

JOSÉ CUERVO TO CROSS OVER, STEP BACK TURNING ½ LEFT, LEFT SIDE SHUFFLE

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)
5-6 Cross left over right as you start to turn ½ left, step right back as you finish the ½ turn left
7&8 Left shuffle to left side (left, right, left)

KICK & KICK &, STEP FORWARD, HOLD (THE BREAK)

1& Kick right forward and across left, step right back to home (slightly to the right side)
2& Kick left diagonally forward to the left, step left next to right
3-4 Step right forward, hold

You may want to do an arm gesture as you "hit" the break, like "safe" - arms extended outward and down slightly from waist

PART B

ROCK STEP, SCOOT, STEP, SCOOT, STEP, SCOOT, SHUFFLE STEP TURNING ½ LEFT, ½ PIVOT TURN LEFT

1-2& Rock left forward, step right in place (recover), scoot back slightly on right
3& Step left back, scoot back slightly on left
4& Step right back, scoot back slightly on right
5&6 Turn ½ left as you dance a left shuffle forward
7-8 Step right forward & turn ½ left, step left in place (½ pivot turn)

ROCK STEP, SCOOT, STEP, SCOOT, STEP, SCOOT, SHUFFLE STEP TURNING ½ RIGHT, ½ PIVOT TURN RIGHT

- 1-2& Rock right forward, step left in place (recover), scoot back slightly on left
- 3& Step right back, scoot back slightly on right
- 4& Step left back, scoot back slightly on left
- 5&6 Turn ½ right as you dance a right shuffle forward
- 7-8 Step left forward & turn ½ right, step right in place (½ pivot turn)

SLOW LEFT AND RIGHT HEEL JACKS

- 1-2 Step left to left side and slightly back, touch right heel in place
- 3-4 Step right in place, step left next to right
- 5-6 Step right to right side and slightly back, touch left heel in place
- 7-8 Step left in place, step right next to left

FAST LEFT AND RIGHT HEEL JACKS

- &1 Step left to left side and slightly back, touch right heel in place
- &2 Step right in place, step left next to right
- &3 Step right to right side and slightly back, touch left heel in place
- &4 Step left in place, step right next to left

2 FAST LEFT HEEL JACKS, 2 FAST RIGHT HEEL JACKS

- &5 Step left to left side and slightly back, touch right heel in place
- &6 Step onto right foot, touch left next to right
- &7 Repeat &5
- &8 Repeat &6 with step left next to right instead of touch

- &1 Step right to right side and slightly back, touch left heel in place
- &2 Step onto left, touch right next to left
- &3 Step right to right side and slightly back, touch left heel in place
- &4 Step onto left, step right next to left

LEFT SHUFFLE FORWARD, ½ PIVOT TURN LEFT

- 5&6 Left shuffle forward (left, right, left)
 - 7-8 Step right forward and turn ½ left, step left in place
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