

# This Is It!

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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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