

This Is It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Novice / Beginner WCS
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音樂: This Is It - Michael Jackson



STEP RIGHT TO THE SIDE, KNEE POP, ¾ TURN, WALK, WALK, ANCHOR STEP;

1 RF step side right, knee pop out
& RF knee pop in
2 RF knee pop out
3 LF put weight on, ¼ turn right
4 ending ½ turn right (9.00)
5 RF walk forward
6 LF walk forward
7 RF step behind LF
& LF step in place
8 RF step in place

½ TURN LEFT, 1 ¼ TRACE TURN, WALK, WALK, ½ SAILOR TURN;

1 RF ½ turn left (3.00)
2 LF put weight on, start turning
3 LF ½ turn left, keep RF next to LF
4 LF ¾ turn left, keep RF next to LF (12.00)
5 RF step forward
6 LF step forward
7 RF/LF ½ turn right on LF, cross RF behind LF (6.00)
& LF step to side
8 RF step to side

KICK, CROSS, POINT, KICK, CROSS, POINT, KNEE POPS;

1 LF kick forward
& LF cross over RF
2 RF point to side, hands out and click fingers
3 RF kick forward
& RF cross over LF
4 LF point to side, hands out and click fingers
5 RF/LF knee pop in, heels out
& RF/LF knee pop out, heel in
6 RF/LF knee pop in, weight on LF, RF toe up
7 RF/LF knee pop in, heels out
& RF/LF knee pop out, heel in
8 RF/LF knee pop in, weight on RF, LF toe up

DRAG, CROSS, STEP, CROSS, SWEEP, ¼ TURN LEFT, ILLUSION WALKS;

1 LF drag heel to RF
2 LF cross behind RF
& RF step to the side
3 LF cross over RF
4 LF ¼ turn left with sweep RF (3.00)
5 RF/LF weight on RF, push LF backwards
6 RF/LF step LF in place, push RF backwards
7 RF/LF step RF in place, push LF backwards

