

# This Is It

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Novice / Beginner WCS  
編舞者: Camilla Beskow & Barry Arbeider (SCO) - November 2009  
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

