

MJ This is it

拍數: 32 牆數: 4 級數: Intermediate / Advanced
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音樂: This Is It - Michael Jackson



Start after he sings "this is it"

Rock Recover, Back, Lock Step, ¼ Side Rock Cross, ½ Turn

1-2& Rock right forward, recover to left, step right back
3&4 Step left forward, lock right behind left, step left forward
5&6 Turn ¼ left and rock right to right, recover to left, cross right over left
7-8 Turn ¼ right and step left back, turn ¼ right and step right to side

Step Slide Behind ¼ Step, Mambo, Paddle Back ½ Turn

1-2& Step left long step to left, cross right behind left, turn ¼ left and step left forward
3&4 Rock forward right, recover to left, step right together
5& Turn 1/8 left and rock left to side, recover to right
6& Turn 1/8 left and rock left to side, recover to right
7& Turn 1/8 left and rock left to side, recover to right
8 Turn 1/8 left and step left together

Side Rock Full Turn Twice, Side Cross And Cross, ¼ Turn Step

1&2 Rock right to side, turn ¼ left recover to left, turn ¼ left and step right to side
3&4 Rock left to side, turn ¼ left recover to right, turn ¼ right and step left to side
5&6 Rock right to side, recover to left, cross right over left
&7-8 Step left to side, cross right over left, turn ¼ left and step left forward

Pivot ½ Turn Step, Full Turn Forward, Twist Snap

1&2 Step right forward, turn ½ left, step right forward
3&4 Step left forward, turn ½ right and step right back, turn ½ right and step left forward
5-6 Twist right heel out to right, twist right to right, snap right hand to right down
7-8 Twist right heel back to left, twist right back to left, snap right hand to right up

Repeat
