

This Is It

32 Count, 2 Wall, Improver

Choreographer: Myrtle Guice (USA) Nov 2009
Choreographed to: This Is It by Michael Jackson,
CD: This Is It

Start dancing on lyrics

RIGHT & LEFT HITCHES WITH CROSSES, OUT, OUT, HOLD, LEFT, UNWIND

- 1-4 Lift right knee in front of left leg, step down on right, lift left in front of right leg, step down on left
&5-6 Step right to side, step left to side, hold
7-8 Cross right over left, unwind ½ left turn

RIGHT & LEFT BODY ROLLS, RIGHT & LEFT KICK BALL CHANGES WITH RIGHT & LEFT TOE SIDE POINTS

- 1-2-3-4 Step right to side making ¼ left turn dropping down slightly straighten right leg (right body roll), step left back making ½ right turn dropping down slightly, straighten left leg (left body roll)
Easier option: step right to side, touch left together, step left to side, touch right to left
5&6 Kick right forward, cross right over left, step down on right while pointing left toe to left side
7&8 Kick left forward, cross left over right, step down on left while pointing right to side

½ LEFT TURN, ½ SHUFFLE LEFT TURN, ¼ LEFT TURN

- 1-2 Step right forward making ½ left turn
3&4& Step right forward, step left together, step right back making ½ left turn, step left to side making ¼ left turn
5-6 Cross right over left, step left to side, cross right behind left, sweep left around to back of left

LEFT SAILOR, RIGHT COASTER, LEFT LOCK STEP, LEFT SYNCOPATED LOCK STEP

- 1&2 Cross left behind right, step right in place, step left to side
3&4 Step right back, step left together, step right forward
5-6 Step left forward, slide right behind left, (lock step)
7&8 Step left forward, cross right behind left, step left forward

ENDING

- 1-5 Step right forward, hold, step left to side making left ¼ turn, cross right over left, hold raising both arms high diagonally