

# THIS IS IT

Count: 48      Wall: 2      Level: Intermediate

Choreographer: Joy McIntosh, Gladstone, Australia. January 2019

Music: This Is It - Scotty McCreery Album: Seasons Change (3.51mins)

Intro: On Vocals    4 Restarts    3 Tags    Sequence: 32+4,48,32+4,40,32,48+4,16

## ACROSS,SIDE & ACROSS-SIDE-BEHIND,SIDE,1/4 BACK,BACK-LOCK-BACK

- 1,2& Step L across in front of Right, Step R to side, Step L together
- 3&4 Step R across in front of Left, Step L to side, Step R behind Left
- 5,6 Step L to side, Turn ¼ Left, Step back R
- 7&8 Step L back, Lock R across in front of Left, Step L back (9.00)

## ROLL BACK, ½ SHUFFLE FORWARD, SIDE, ROCK, ¼ TURN SAILOR

- 1,2 Turn ½ Right step R forward, Turn ½ Right step L back
- 3&4 Turn ½ Right shuffle forward step: R-L-R
- 5,6 Step L to the side, Side rock onto R
- 7&8 Sailor step turning ¼ Left step: L-R-L (12.00)

## SHUFFLE ACROSS & BACK, ROCK & TOUCH, ½ UNWIND, HIP, HIP

- 1&2 Shuffle Right across in front of Left step: R-L-R
- &3,4& Step L to side, Step R back, Rock forward onto L, Step R to the side
- 5,6 Touch L toe behind Right, Unwind turning ½ Left Take weight onto L
- 7,8 Step R to the side, Push hips Right, Push hips Left (6.00)

## ACROSS-SIDE-1/4 SIDE, ACROSS-SIDE-1/4 SIDE, ACROSS-SIDE-1/4 SIDE, PADDLE TURN

- 1& Step R across in front of Left, Step L to the side
- 2 Turn ¼ Right Step R to the side
- 3& Step L across in front of Right, Step R to the side
- 4 Turn ¼ Left Step L to the side
- 5& Step R across in front of Left, Step L to the side
- 6 Turn ¼ Right Step R to the side
- 7,8 Paddle: Step L forward, turn ¼ Right take weight onto R (12.00) #

## FORWARD, FORWARD, MAMBO FORWARD, ROLL BACK, COASTER STEP

- 1,2 Sweep to step L forward, Sweep to step R forward
- 3&4 Mambo: Step L forward, Rock back onto R, Step L back
- 5,6 Turn ½ Right Step R forward, Turn ½ Right Step L back
- 7&8 Coaster: Step R back, Step L together, Step R forward (12.00) ##

## QUICK PIVOT-FORWARD, FORWARD-FULL HITCH- FORWARD, SIDE, ROCK & SIDE, ROCK

- 1& Quick pivot: Step L forward, Turn ½ Right take weight onto R
- 2 Step L forward
- 3&4 Step R forward, Hitch L turning full turn Left, Step L forward
- 5,6& Step R to the side, Side rock onto L, Step R together
- 7,8 Step L to the side, Side rock onto R \*\*

## RESTARTS:

On WALL 1 dance to BEAT 32 (#) ADD the TAG following & RESTART to the FRONT

On WALL 3 dance to BEAT 32 (#) ADD the TAG following & RESTART to the BACK

On WALL 4 dance to BEAT 40 (##) & RESTART to the BACK

On WALL 5 dance to BEAT 32 (#) & RESTART to the BACK

TAG: At the end (\*\*) of WALL 6 (FRONT) ADD the following TAG

- 1,2& Step L forward, Rock back onto R, Turn ½ Left Step L forward
- 3,4& Step R forward, Rock back onto L Turn ½ Right Step R forward