

# This Is It!

拍数: 32      墙数: 4      级数: Improver  
编舞者: Rachael Pugh (UK)  
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



## MAMBOS FORWARD, BACK, SIDE, SIDE

1&2      Step left forward, rock back onto right in place, step left next to right  
3&4      Step right back, rock forward onto left in place, step right next to left  
5&6      Step left to side, rock onto right in place, step left next to right  
7&8      Step right to side, rock onto left in place, step right next to left

## PIVOT HALF TURN, MAMBO FORWARD, VINE 2, QUARTER TURN HEEL-BALL-CHANGE

9-10      Step left forward, pivot half turn to right, weight now on right  
11&12      Step left forward, rock onto right in place, step left next to right  
13-14      Step right to side, step left behind right  
&15      Step back on right making quarter turn left, touch left heel diagonally forward  
&16      Step on ball of left in place, step on right beside left

## SHUFFLE FORWARD TWICE (SECOND WITH OPTIONAL FULL TURN), SIDE ROCK CROSS TWICE

17&18      Shuffle forward on left, right, left  
19&20      Shuffle forward on right, left, right (with optional full turn to left)  
21&22      Step left to side, rock onto right in place, step left across right  
23&24      Step right to side, rock onto left in place, step right across left

## DIAGONAL STEPS TRAVELING BACK, STOMP TWICE, FULL TURN TRAVELING RIGHT, CHASSE RIGHT

25&      Step left back about 45 degrees, step right in front of left  
26&      Step left back about 45 degrees, step right in front of left  
27      Step left back about 45 degrees  
&28      Stomp right to side, stomp left next to right  
29-30      Making half turn to right step forward on right, step left back making another half turn to right  
31&32      Step right to side, close left to right, step right to side

## REPEAT

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