拍数： 0 境数： 0 级数：
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音乐：This Is It－Melba Moore


[^0]PART A
KICK \＆KICK \＆SHUFFLE STEP，KICK \＆KICK \＆SHUFFLE STEP
1\＆2\＆Kick left forward，step left next to right，kick right forward，step right next to left 3\＆4 Left shuffle forward（left，right，left）
5\＆6\＆Kick right forward，step right next to left，kick left forward，step left next to right
7\＆8
Right shuffle forward（right，left，right）

## ROCK STEP，SHUFFLE STEP TURNING ½ LEFT，2X KICK BALL，TOUCH SIDE

1－2 Rock left forward，step right in place（recover）and start to turn left
$3 \& 4 \quad$ Finish $1 / 2$ turn left as you do a left shuffle forward（left，right，left）
5\＆6 Kick right forward，step right next to left，touch left to left side
7\＆8 Kick left forward，step left next to right，touch right to right side
JOSÉ CUERVO TO CROSS OVER，STEP BACK TURNING $1 ⁄ 2$ LEFT，LEFT SIDE SHUFFLE
1－2 Cross right over left，step left to left side
$3 \& 4 \quad$ Cross right behind left，step left to left side，step right in place（sailor shuffle）
5－6 Cross left over right as you start to turn $1 / 2$ left，step right back as you finish the $1 / 2$ turn left
7\＆8 Left shuffle to left side（left，right，left）
JOSÉ CUERVO TO CROSS OVER，STEP BACK TURNING ½ LEFT，LEFT SIDE SHUFFLE
1－2 Cross right over left，step left to left side
$3 \& 4 \quad$ Cross right behind left，step left to left side，step right in place（sailor shuffle）
5－6 Cross left over right as you start to turn $1 / 2$ left，step right back as you finish the $1 / 2$ turn left 7\＆8 Left shuffle to left side（left，right，left）

## KICK \＆KICK \＆，STEP FORWARD，HOLD（THE BREAK）

1\＆Kick right forward and across left，step right back to home（slightly to the right side）
2\＆Kick left diagonally forward to the left，step left next to right
3－4 Step right forward，hold
You may want to do an arm gesture as you＂hit＂the break，like＂safe＂－arms extended outward and down slightly from waist

## PART B

ROCK STEP，SCOOT，STEP，SCOOT，STEP，SCOOT，SHUFFLE STEP TURNING $1 \not 22$ LEFT， $1 ⁄ 2$ PIVOT TURN LEFT
1－2\＆Rock left forward，step right in place（recover），scoot back slightly on right
3\＆
4\＆Step right back，scoot back slightly on right
5\＆6 Turn $1 / 2$ left as you dance a left shuffle forward
7－8 Step right forward \＆turn $1 / 2$ left，step left in place（ $1 / 2$ pivot turn）

1-2\& Rock right forward, step left in place (recover), scoot back slightly on left

3\&
4\&
5\&6
7-8 Step right back, scoot back slightly on right Step left back, scoot back slightly on left Turn $1 / 2$ right as you dance a right shuffle forward Step left forward \& turn $1 / 2$ right, step right in place ( $1 / 2$ pivot turn)

## SLOW LEFT AND RIGHT HEEL JACKS

1-2 Step left to left side and slightly back, touch right heel in place
3-4 Step right in place, step left next to right
5-6 Step right to right side and slightly back, touch left heel in place
7-8 Step left in place, step right next to left

FAST LEFT AND RIGHT HEEL JACKS
\&1 Step left to left side and slightly back, touch right heel in place
\&2 Step right in place, step left next to right
\&3 Step right to right side and slightly back, touch left heel in place
\&4 Step left in place, step right next to left

## 2 FAST LEFT HEEL JACKS, 2 FAST RIGHT HEEL JACKS

\&5 Step left to left side and slightly back, touch right heel in place
\&6
Step onto right foot, touch left next to right
\&7
Repeat \&5
\&8
Repeat $\& 6$ with step left next to right instead of touch
\&1 Step right to right side and slightly back, touch left heel in place
\&2 Step onto left, touch right next to left
\&3 Step right to right side and slightly back, touch left heel in place
\&4
Step onto left, step right next to left
LEFT SHUFFLE FORWARD, ½ PIVOT TURN LEFT
5\&6 Left shuffle forward (left, right, left)
7-8 Step right forward and turn $1 / 2$ left, step left in place


[^0]:    Sequence：Dance starts on the vocals．AAB，AB，AAB，AA．For a final pose at the end of the sequence，step left forward，point right to side after you complete the final Section $A$ ．
    Regular version－not disco mix

