

# This Is It

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Dee Musk (UK) May 2019

**Music:** 'Scotty McCreery' - 'This Is It' - Album: Seasons Change

**#16 Count Intro from the Guitar. Approx 20 secs - Start on Vocals. Track approx 3 mins 51 secs.**

**\*4 Count Tag danced 3 times. Two Restarts.**

**Track available from iTunes.co.uk**

**Side Sweep, Behind, Side, Cross Rock, Side Rock, Behind Sweep, Behind, Side, Cross, Side, Close.**

- 1,2&**            Step L to L side sweeping R to behind L, step R behind L, step L to L side.
- 3&4&**            Cross rock R over L, recover weight to L, rock R to R side, recover weight to L.
- 5**                Cross step R behind L sweeping L to behind R.
- 6&7**            Step L behind R, step R to R side, cross L over R.
- 8&**                Step R to R side, step L beside R. (12 o'clock).

**Walk R, Walk L, Rocking Chair, Step, Tap, Recover Sweep, Sailor Step, &.**

- 1,2**                Walk forward R, walk forward L.
- 3&4&**            Rock forward on R, recover weight to L, rock back on R, recover weight to L.
- 5&6**            Step forward on R, tap L behind R, recover weight to L sweeping R to behind L.
- 7&8&**            Cross step R behind L, step L to L side, step R to R side, step L beside R. (12 o'clock).

**\*\*Restart 1 - with step change during wall 3 - begin again facing 12 o'clock.**

**Side, Back Rock, Side Touch, Side Touch, Rumba Box Forward, Rumba Box Back.**

- 1,2&**            Step R to R side, cross rock L behind R, recover weight to R.
- 3&4&**            Step L to L side, touch R beside L, step R to R side, touch L beside R.
- 5&6**            Step L to L side, step R beside L, step forward on L.
- 7&8**            Step R to R side, step L beside R, step back on R. (12 o'clock).

**\*\*Restart 2 - during wall 7 - begin again facing 6 o'clock.**

**Ball, Cross, Side, Sailor ½ Turn Cross R, Ball, Cross, Unwind Full Turn L, Side, Back Rock.**

- &1,2** Step L beside R, cross R over L, step L to L side.
- 3&4** Cross step R behind L, make ½ turn R stepping L to L side, cross R over L.
- &5** Step L beside R, cross R over L.
- 6** Unwind a full turn L (weight on L).
- 7,8&** Step R to R side, cross rock L behind R, recover weight to R. (6 o'clock).

**TAG: 4 Count Tag - Danced end of walls 1, 4 and 8. Begin again.**

**L Side, Back Rock, R Side, Back Rock.**

- 1,2&** Step L to L side, cross rock R behind L, recover weight to L.
- 3,4&** Step R to R side, cross rock L behind R, recover weight to R.

**\*\* Restart 1 - During wall 3 - dance to count 8 of Section 2, then touch L beside R.**

**Begin again facing 12 o'clock wall.**

**\*\* Restart 2 - During wall 7 - dance to count 8 of Section 3. Begin again facing 6 o'clock wall.**

**Enjoy**

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