

# MJ This is it

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** Sobrielo Philip Gene , Singapore (Oct 09)

**Music:** This Is It by Michael Jackson

## Start after he sings "this is it"

### Rock Recover, Back, Lock Step, ¼ Side Rock Cross, ½ Turn

- 1-2&** Rock right forward, recover to left, step right back
- 3&4** Step left forward, lock right behind left, step left forward
- 5&6** Turn ¼ left and rock right to right, recover to left, cross right over left
- 7-8** Turn ¼ right and step left back, turn ¼ right and step right to side

### Step Slide Behind ¼ Step, Mambo, Paddle Back ½ Turn

- 1-2&** Step left long step to left, cross right behind left, turn ¼ left and step left forward
- 3&4** Rock forward right, recover to left, step right together
- 5&** Turn 1/8 left and rock left to side, recover to right
- 6&** Turn 1/8 left and rock left to side, recover to right
- 7&** Turn 1/8 left and rock left to side, recover to right
- 8** Turn 1/8 left and step left together

### Side Rock Full Turn Twice, Side Cross And Cross, ¼ Turn Step

- 1&2** Rock right to side, turn ¼ left recover to left, turn ¼ left and step right to side
- 3&4** Rock left to side, turn ¼ left recover to right, turn ¼ right and step left to side
- 5&6** Rock right to side, recover to left, cross right over left
- &7-8** Step left to side, cross right over left, turn ¼ left and step left forward

### Pivot ½ Turn Step, Full Turn Forward, Twist Snap

- 1&2** Step right forward, turn ½ left, step right forward
- 3&4** Step left forward, turn ½ right and step right back, turn ½ right and step left forward
- 5-6** Twist right heel out to right, twist right to right, snap right hand to right down
- 7-8** Twist right heel back to left, twist right back to left, snap right hand to right up

## Repeat

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=78772](https://www.linedance.com/index.php?f=dance_view&id=78772)