

This is it!

Choreographed by Max Perry 5/20/04

Phrased Line Dance HB (high beginner) AB

Music: "This is it" by Melba Moore (regular version – not disco mix)

“A” SECTION

| Count | Steps |
|-------|---|
| | KICK & KICK & SHUFFLE STEP, KICK & KICK & SHUFFLE STEP |
| 1&2& | Kick Left forward (1), Step Left next to Right (&), Kick Right forward (2), Step Right next to Left (&) |
| 3&4 | Left shuffle forward (L,R,L) |
| 5&6& | Kick Right forward (5), Step Right next to Left (&), Kick Left forward (6), Step Left next to Right (&) |
| 7&8 | Right Shuffle forward (R,L,R) |

| | |
|-----|---|
| | ROCK STEP, SHUFFLE STEP TURNING 1/2 LEFT, 2X KICK BALL, TOUCH SIDE |
| 1,2 | Rock L forward, Step R in place (recover) and start to turn left |
| 3&4 | Finish 1/2 turn left as you do a left shuffle forward (L,R,L) |
| 5&6 | Kick R forward, Step R next to L, Touch L to left side |
| 7&8 | Kick L forward, Step L next to R, Touch R to right side |

| | |
|-----|--|
| | JOSE’ CUERVO TO CROSS OVER, STEP BACK TURNING 1/2 LEFT, LEFT SIDE SHUFFLE |
| 1,2 | Cross R over left, Step L to left side |
| 3&4 | Cross R behind L, Step L to left side, Step R in place (<i>sailor shuffle</i>) |
| 5,6 | Cross L over R as you start to turn 1/2 L, Step R back as you finish the 1/2 turn left |
| 7&8 | Left shuffle to left side (L,R,L) |

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|-----|--|
| | JOSE’ CUERVO TO CROSS OVER, STEP BACK TURNING 1/2 LEFT, LEFT SIDE SHUFFLE |
| 1,2 | Cross R over left, Step L to left side |
| 3&4 | Cross R behind L, Step L to left side, Step R in place (<i>sailor shuffle</i>) |
| 5,6 | Cross L over R as you start to turn 1/2 L, Step R back as you finish the 1/2 turn left |
| 7&8 | Left shuffle to left side (L,R,L) |

| | |
|-----|--|
| | KICK & KICK &, STEP FORWARD, HOLD (THE BREAK) |
| 1& | Kick R forward and across L, Step R back to home (slightly to the right side) |
| 2& | Kick L diagonally forward to the left, Step L next to R |
| 3,4 | Step R forward, <i>Hold</i> (You may want to do an arm gesture as you “hit” the break, like “safe” – arms extended outward and down slightly from waist) |

“B” SECTION

| | |
|-------|--|
| | ROCK STEP, SCOOT, STEP, SCOOT, STEP, SCOOT, SHUFFLE STEP TURNING 1/2 LEFT 1/2 PIVOT TURN LEFT |
| 1,2,& | Rock L forward, Step R in place (recover), Scoot back slightly on R |
| 3& | Step L back, Scoot back slightly on L |
| 4& | Step R back, Scoot back slightly on R |
| 5&6 | Turn 1/2 left as you dance a left shuffle forward |
| 7,8 | Step R forward & turn 1/2 left, Step L in place (1/2 pivot turn) |

**ROCK STEP, SCOOT, STEP, SCOOT, STEP, SCOOT, SHUFFLE STEP TURNING 1/2 RIGHT
1/2 PIVOT TURN RIGHT**

- 1,2,& Rock R forward, Step L in place (recover), Scoot back slightly on L
- 3& Step R back, Scoot back slightly on R
- 4& Step L back, Scoot back slightly on L
- 5&6 Turn 1/2 right as you dance a right shuffle forward
- 7,8 Step L forward & turn 1/2 right, Step R in place (1/2 pivot turn)

SLOW LEFT AND RIGHT HEEL JACKS

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

FAST LEFT AND RIGHT HEEL JACKS

- &1 Step L to left side and slightly back, Touch R heel in place
- &2 Step R in place, Step L next to R
- &3 Step R to right side and slightly back, Touch L heel in place
- &4 Step L in place, Step R next to L

2 FAST LEFT HEEL JACKS, 2 FAST RIGHT HEEL JACKS

- &5 Step L to left side and slightly back, Touch R heel in place
- &6 Step onto R foot, Touch L next to R
- &7 Repeat &5
- &8 Repeat &6 with step L next to R instead of touch

- &1 Step R to right side and slightly back, Touch L heel in place
- &2 Step onto L, Touch R next to L
- &3 Step R to right side and slightly back, Touch L heel in place
- &4 Step onto L, Step R next to L

LEFT SHUFFLE FORWARD, 1/2 PIVOT TURN LEFT

- 5&6 Left shuffle forward (L,R,L)
- 7,8 Step R forward and turn 1/2 left, Step L in place

| | | | |
|-----------------|----------|----------|----------|
| SEQUENCE | A | A | B |
| | A | B | |
| | A | A | B |
| | A | A | |

**FOR A FINAL POSE AT THE END OF THE SEQUENCE, STEP L FORWARD, POINT R TO SIDE
AFTER YOU COMPLETE THE FINAL A
DANCE STARTS ON THE VOCALS**