

# This is it!

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Record: "This Is It" by Kenny Loggins Original length: 3:56  
CD/"The Essential Kenny Loggins" Shorten to 3:15.5  
Legally downloadable from [www.amazon.com](http://www.amazon.com) and others  
Footwork: Opposite throughout (*woman in parentheses and italic*) Speed 45 RPM  
Phase: Cha Cha ROUNDALAB Phase IV+2 (Double Cuban Breaks, Open Hip Twist)+1 (Chase Full Turns)  
Difficulty: Moderate Released June 16, 2023

Sequence: **Intro A B C A mod B C mod End**

## INTRO

(HNDSHK WALL) **WAIT 2 MEASURES; ; TRADE PLACES; TWICE;** (HNDSHK WALL)

1-2 HNDSHK WALL wait; wait;

3 Rk apt L, rec R trng 1/4 RF beh W releasing joined R hnds to momentary TANDEM POS,  
comm trng 1/4 RF sd & bk L/cl R, compl trn to fc ptr sd & bk L to HNDSHK COH;  
(*Rk apt R, rec L trng 1/4 LF in frnt of M releasing joined R hnds to momentary TANDEM POS,*  
*comm trng 1/4 LF sd & bk R/cl L, compl trn to fc ptr sd & bk R;*)

4 Repeat Intro measure 3 to HNDSHK WALL;

(HNDSHK WALL) **SHADOW NEW YORKER; UNDERARM TURN; HAND TO HAND; TWICE;** (BFLY WALL)

5 Swvlng on R bring L thru to a sd by sd pos, rec R swvlng to fc ptr, sd L/cl R, sd L;

6 Raising jnd ld hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R;  
(*Swvlng 1/4 RF on ball of R stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L;*)

7 Swvlng sharply 1/4 on R stp bk L to fc LOD, rec R trng 1/4 to fc ptr, sd L/cl R, sd L;

8 Swvlng sharply 1/4 on L stp bk R to fc RLOD, rec L trng 1/4 to fc ptr, sd R/cl L, sd R to BFLY WALL;

## PART A

(BFLY WALL) **FENCE LINE; CRAB WALKS; ; AIDA;**

1-2 X lunge thru L wth bent knee lookg right, rec R trng to fc ptr, sd L/cl R, sd L; Xrif, sd L, Xrif/sd L, Xrif;

3-4 Sd L, Xrif, sd L/cl R, sd L; fwd R trng RF, sd L continuing RF trn, bk R/lk Lif, bk R;

**SWITCH CROSS; SIDE WALK 1/2; SHOULDER TO SHOULDER; TWICE;** (BFLY WALL)

5-6 Trng LF to fc ptr sd L chckg bringing jnd hnds thru, rec R, Xlif trng LF to fc ptr/sd R, Xlif; sd R, cl L, sd R/cl L, sd R;

7-8 Fwd L to BFLY SCAR (*bk R*), rec R to fc, sd L/cl R, sd L; fwd R to BFLY BJO (*bk L*), rec L to fc, sd R/cl L, sd R;

## PART B

(LEAD HNDS JOINED) **CHASE W/UNDERARM PASS; ; RONDE BOX; ;**

1 Fwd L comm 1/2 RF trn kpng lead hnds joined, rec fwd R, fwd L/cl R, fwd L;  
(*Bk R kpng lead hnds joined, rec L, fwd R/cl L, fwd R twd M's left side;*)

*Part B continued on page 2*

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- 2 Bk R raising joined lead hnds leading W to trn LF, rec L, small sd R/cl L, small sd R;  
*(Fwd L, fwd R trng 1/2 LF under joined lead hnds to fc ptr, small sd L/cl R, small sd L;)*
- 3 Ronde L clockwise Xlif, sd R, bk L/lk Rif, bk L; *(Ronde R clockwise Xrib, sd L, fwd R/lk Lib, fwd R;)*
- 4 Ronde R clockwise Xrib, sd L, fwd R/lk Lib, fwd R; *(Ronde L clockwise Xlif, sd R, bk L/lk Rif, bk L;)*
- (LEAD HANDS JOINED) MODIFIED CROSS BODY; ; RONDE BOX; ;**
- 5 Fwd L, rec R trng LF, [foot trnd about 1/4 trn bdy trnd 1/8 trn] sd L/cl R, sd L;  
*(Bk R, rec L, fwd R/cl L, fwd R twd M staying on rt sd endng in an L-shaped pos;)*
- 6 Bk R bhd L cont LF turn, rec L, sd R/cl L, sd R kpg LEAD HANDS JOINED fcng WALL;  
*(Fwd L comm to trn LF, fwd R trng 1/2 LF, sd L/cl R, sd and bk L;)*
- 7 Ronde L clockwise Xlif, sd R, bk L/lk Rif, bk L; *(Ronde R clockwise Xrib, sd L, fwd R/lk Lib, fwd R;)*
- 8 Ronde R clockwise Xrib, sd L, fwd R/lk Lib, fwd R; *(Ronde L clockwise Xlif, sd R, bk L/lk Rif, bk L;)* to BFLY WALL

### PART C

#### **(BFLY WALL) CHASE WITH FULL TURNS; ; OPEN HIP TWIST; FAN;**

- 1-2 Fwd L trng 1/2 RF, fwd R trng 1/2 RF to fc ptr, bk L/lk Rif, bk L; bk R, rec L, fwd R/lk Lib, fwd R;  
*(bk R, rec L, fwd R/lk Lib, fwd R; fwd L trng 1/2 RF, fwd R trng 1/2 RF to fc ptr, bk L/lk Rif, bk L;)*
- 3 Chck fwd L, rec R, small bk L/cl R, bk L pushing arm fwd gently to trn W;  
*(Rk bk R, rec L, fwd R/fwd L, fwd R swivel 1/4 RF on R;)*
- 4 Bk R, rec L, sd R/cl L, sd R to FAN *(fwd L, fwd R trng 1/2 LF, bk L/lk Rif, bk L leaving R xtnded fwd w/ no wgt) ;*

#### **(FAN POS) START HOCKEY STICK TO TANDEM WALL NO HND; COMM DOUBLE CUBAN BREAKS;**

- 5 Fwd L, rec R, in place L/R, L *(Cl R, fwd L, fwd R/cl L, fwd R)* to TANDEM WALL NO HANDS;
- 6 Xlif/rec R, sd L/rec R, Xlif/rec R, sd L;

#### **(TANDEM WALL) FINISH DOUBLE CUBAN BREAKS; FINISH HOCKEY STICK;**

- 7 Xrif/rec L, sd R/rec L, Xrif/rec L, sd R;
- 8 Bk R, rec L, curvg to RLOD fwd R/cl L, fwd R ending with lead hands palm-to-palm RLOD;  
*(Xlif, sd R trng LF to fc ptr, bk L/cl R, bk L to fc ptr & LOD;)*

#### **BACK TRIPLE CHAS; ; FWD TRIPLE CHAS; ; (BFLY RLOD)**

- 9-10 Fwd L, rec R, bk L/lk Rif, bk L; bk R/lk Lif, bk R, bk L/lk Rif, bk L;  
*(bk R, rec L, fwd R/lk Lib, fwd R; fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R;)*
- 11-12 Bk R, rec L, fwd R/lk Lib, fwd R; fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R;  
*(Fwd L, rec R, bk L/lk Rif, bk L; bk R/lk Lif, bk R, bk L/lk Rif, bk L;)*

#### **ALEMANA; TO A; LARIAT; TO FC WALL; (BFLY WALL) (SECOND TIME TO LH STAR RLOD)**

- 13-14 Fwd L, rec R, bk L/cl R, small bk L leading W to trn RF; bk R, rec L, sd R/cl L, sd R;  
*(Bk R, rec L, fwd R/cl L, fwd R comm RF trn; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L;)*

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15-16 Stp in plc L, R, L/R, L; R, L trn 1/4 LF to fc WALL [**second time stp in plc L**], stp in plc R/L, R;  
(Circle M clockwise wth joined lead hnds fwd R, fwd L, fwd R/cl L, fwd R;  
fwd L, fwd R, fwd L/cl R trning to fc ptr [**second time to LH STAR**], sd L;)

### PART A MODIFIED

(BFLY WALL) **FENCE LINE; CRAB WALKS; ; AIDA;**

1-4 Repeat Part A measures 1-4; ; ;

**SWITCH CROSS; SIDE WALK 1/2; SHOULDER TO SHOULDER IN 4; SIDE, CLOSE [2 BEATS ONLY];**

5-6 Repeat Part A measures 5-6; ;

7-8 Fwd L to BFLY SCAR (*bk R*), rec R to fc, sd L, cl R; **sd L, cl R;**

### END

(LH STAR RLOD) **UMBRELLA TURN; ; ; ;** (BFLY WALL)

1-2 Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R;

(*bk R, rec L, fwd R/cl L, fwd R; fwd L trng 1/2 RF under joined hnds, rec R, fwd L/cl R, fwd L;*)

3-4 Fwd L, rec R, bk L/cl R, bk L; bk R, rec L trn LF 1/4 to fc ptr, sd R/cl L, sd R; (*fwd R trng 1/2 LF under joined hnds, rec L, fwd R/cl L, fwd R; fwd L trng 1/2 RF under joined hnds, rec R cont trn to fc ptr, sd L/cl R, sd L;*)

**CIRCLE AWAY; AND TOGETHER TO HNDSHK; SHADOW NEW YORKER; UNDERARM TURN;**

5 Separating frm ptr & mvng awy in a circ pattern fwd L, fwd R, fwd L/cl R, fwd L;

6 Cont circ pattern twd ptr fwd R, fwd L, fwd R/cl L, fwd R HNDSHK WALL;

7-8 Repeat INTRO measures 5-6; ;

**HAND TO HAND; TWICE; TRADE PLACES; TWICE;**

9-10 Repeat INTRO measures 7-8; ;

11-12 Repeat INTRO measures 3-4; ;

**ROCK APART/HOLD;**

13 Bk L (*bk R*) & hold;



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## This Is It!

Phase 4+2+1 (chase full turns) Cha  
Choreographer: Erin Byars  
Music: Kenny Loggins "This Is It"  
CD: The Essential Kenny Loggins  
Speed as recorded Shorten to 3:15.5  
Released: June 16, 2023

### Intro A B C A mod B C mod End

- Intro HNDSHK WALL Wait 2 measures; ;  
Trade places; twice; shadow new yorker; underarm turn; hand to hand; twice to BFLY;
- Part A Fence line; crab walks; ; aida; switch cross; side walk 1/2 RLOD;  
Shoulder to shoulder; twice;
- Part B Chase with underarm pass; ; ronde box/with lead hands joined; ;  
Modified cross body/with lead hands joined; ; ronde box with lead hands joined; ;
- Part C Chase with full turns; ; open hip twist; fan; start hockey stick to TANDEM WALL;  
Double cubans; twice; finish the hockey stick to left hands palm to palm FCNG RLOD;  
Rock forward to back triple chas; ; rock back to forward triple chas; ;  
Alemema; to a; lariat blend to BFLY WALL; ;
- Part A mod Fence line; crab walks; ; aida; switch cross; side walk RLOD;  
Shoulder to shoulder in 4;  
*2 beats only* Side, close;
- Part B Chase with underarm pass; ; ronde box/with lead hands joined; ;  
Modified cross body/with lead hands joined; ; ronde box with lead hands joined; ;
- Part C mod Chase with full turns; ; open hip twist; fan; start a hockey stick to TANDEM WALL;  
Double cubans; twice; finish the hockey stick to left hands palm to palm FCNG RLOD;  
Rock forward to back triple chas; ; rock back to forward triple chas; ;  
Alemema; to to a lariat; **to LH STAR M fcg RLOD**; ;
- End Umbrella turn; ; ; to face BFLY WALL; circle away; and together to HNDSHK;  
Shadow new yorker; underarm turn; hand to hand; twice;  
Trade places; twice; rock apart/freeze;