|  |  |
| --- | --- |
| This & That |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Gary Lafferty (UK) - October 2008 | | | | |
| **Music:** | Woman - Mark Chesnutt : (Album: Rollin' With The Flow) | | | | |
| . | | | | | | |

**Floor Splits: “One Step Forward”**

**Intro: 16-count intro**

**STEP RIGHT , TOUCH , STEP LEFT , TOUCH ; SIDE , TOGETHER , FORWARD , TOUCH**

|  |  |
| --- | --- |
| 1-2 | Step to Right on Right foot , touch Left foot beside Right |

|  |  |
| --- | --- |
| 3-4 | Step to Left on Left foot , touch Right foot beside Left |

|  |  |
| --- | --- |
| 5-6 | Step to Right on Right foot , step on Left foot beside Right |

|  |  |
| --- | --- |
| 7-8 | Step forward on Right foot , touch Left foot beside Right |

**STEP LEFT , TOUCH , STEP RIGHT , TOUCH ; SIDE , TOGETHER , BACK , FLICK**

|  |  |
| --- | --- |
| 1-2 | Step to Left on Left foot , touch Right foot beside Left |

|  |  |
| --- | --- |
| 3-4 | Step to Right on Right foot , touch Left foot beside Right |

|  |  |
| --- | --- |
| 5-6 | Step to Left on Left foot , step on Right foot beside Left |

|  |  |
| --- | --- |
| 7-8 | Step back on Left foot , flick Right foot forward |

**RIGHT COASTER STEP , BRUSH ; LEFT STEP-LOCK-STEP , BRUSH**

|  |  |
| --- | --- |
| 1-2 | Step back on Right foot , step on Left foot beside Right |

|  |  |
| --- | --- |
| 3-4 | Step forward on Right foot , brush Left foot forward |

|  |  |
| --- | --- |
| 5-6 | Step forward on Left foot , lock-step Right foot behind Left |

|  |  |
| --- | --- |
| 7-8 | Step forward on Left foot , brush Right foot forward |

**JAZZBOX with ¼ TURN to RIGHT ; EXTENDED WEAVE**

|  |  |
| --- | --- |
| 1-2 | Cross-step Right foot over Left , step back on Left foot |

|  |  |
| --- | --- |
| 3-4 | Turn ¼ Right stepping forward onto Right foot , cross-step Left foot over Right |

|  |  |
| --- | --- |
| 5-6 | Step to Right on Right foot , cross-step Left foot behind Right |

|  |  |
| --- | --- |
| 7-8 | Step to Right on Right foot , cross-step Left foot over Right |