

This & That

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
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