

# This & That

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Gary Lafferty (UK) - October 2008

**Music:** Woman - Mark Chesnutt : (Album: Rollin' With The Flow)



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## 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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