

# This & That

Count: 32    Wall: 4    Level: Beginner

Choreographer: Gary Lafferty

Music: "Woman" by Mark Chesnutt 140bpm , available on album "Rollin' With The Fl



## 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