

# This & That

Choreographed  
by: Gary Lafferty (Apr 09)

Music: **Woman** by **Mark Chesnutt** (CD: Rollin' With The Flow [140bpm])

Descriptions: 32 count - 4 wall - Beginner level line dance

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## Intro: 16-count intro

Floor Splits: "One Step Forward"

### **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 $\frac{1}{4}$ Turn To Right; Extended Weave**

- 1-2 Cross-step Right foot over Left , step back on Left foot
- 3-4 Turn  $\frac{1}{4}$  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