

# This & That

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Gary Lafferty

**Music:** "Woman" by Mark Chesnutt 140bpm , available on 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 S      tep to Right on Right foot , touch Left foot beside Right  
3-4 S      tep to Left on Left foot , touch Right foot beside Left  
5-6 S      tep to Right on Right foot , step on Left foot beside Right  
7-8 S      tep forward on Right foot , touch Left foot beside Right

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

1-2 S      tep to Left on Left foot , touch Right foot beside Left  
3-4 S      tep to Right on Right foot , touch Left foot beside Right  
5-6 S      tep to Left on Left foot , step on Right foot beside Left  
7-8 S      tep back on Left foot , flick Right foot forward

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

1-2 S      tep back on Right foot , step on Left foot beside Right  
3-4 S      tep forward on Right foot , brush Left foot forward  
5-6 S      tep forward on Left foot , lock-step Right foot behind Left  
7-8 S      tep forward on Left foot , brush Right foot forward

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

1-2 C      ross-step Right foot over Left , step back on Left foot  
3-4 T      urn ¼ Right stepping forward onto Right foot , cross-step Left foot over Right  
5-6 S      tep to Right on Right foot , cross-step Left foot behind Right  
7-8 S      tep to Right on Right foot , cross-step Left foot over Right