

This and That

Choreographed by: Gary Lafferty (Scotland)

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

Descriptions: 4 WALL - 32 COUNTS - BEGINNER

Side, Touch (x 2) Side, Together, Forward, Touch

- 1-2 Step right to right side. Touch left beside right.
- 3-4 Step left to left side. Touch right beside left.
- 5-6 Step right to right side. Step left beside right
- 7-8 Step right forward. Touch left beside right.

Side, Touch (x 2) Side, Together, Back, Flick

- 1-2 Step left to left side. Touch right beside left.
- 3-4 Step right to right side. Touch left beside right.
- 5-6 Step left to left side. Step right beside left.
- 7-8 Step left back. Flick right forward

Coaster Step, Brush, Forward Lock Step, Brush

- 1-2 Step right back. Step left beside right.
- 3-4 Step right forward. Brush left forward.
- 5-6 Step left forward. Lock right behind left.
- 7-8 Step left forward. Brush right forward.

Jazz Box 1/4 Turn, Extended Weave

- 1-2 Cross step right over left. Step left back.
 - 3-4 Make 1/4 turn right stepping right forward. Cross step left over right.
 - 5-6 Step right to right side. Cross step left behind right.
 - 7-8 Step right to right side. Cross step left over right.
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