

This (Linedance)

48 Count, 2 Wall, Improver

Choreographer: Caroline Cooper (UK) June 2013

Choreographed to: This by Darius Rucker

Intro 32 Counts

- 1 SIDE ROCK, RECOVER, CLOSE, SIDE ROCK, RECOVER, SAILOR STEP, SAILOR STEP ¼ TURN RIGHT**
1-2 Rock right to right side, recover to le
&3-4 Step right beside left, rock left to left side, recover to
5&6 Step left behind right, step right to right side, step left to left side sweeping right back
7&8 Step right behind left, step left to left side making 1/4 turn right, step right forward
- 2 CHASSE LEFT, BACK ROCK, RECOVER, HEEL BALL CROSS, SIDE MAMBO, TOUCH**
1&2 Step left to left side, close right beside left, step left to left side
3-4 Rock back on right, recover to left
5&6 Tap right heel diagonally forward, step right beside left, cross left over right
7&8 Rock right to right side, replace weight to left, touch right beside left
- 3 KICK BALL STEP, HEEL SWITCHES, UNWIND 1/2, SAMBA STEP**
1&2 Kick right forward, step right beside left, step forward left
3&4 Dig right heel forward, close right beside left, dig left heel forward
5-6 Touch left toe behind, unwind ½ turn left taking weight onto left
7&8 Cross right over left, rock left to left side, recover to right
- 4 CROSS, ¼ TURN LEFT, SHUFFLE FORWARD, STEP ½ TURN LEFT, RIGHT SIDE MAMBO**
1-2 Cross left over right, make ¼ left stepping back on right, (keeping weight right)
3&4 Step forward left, bring right up to left, step forward left
5-6 Step forward on right, pivot ½ turn left
7&8 Step right to right side, recover weight on to left, close right beside left
- 5 RUMBA BOX, SHUFFLE BACK, RIGHT COASTER STEP**
1&2 Step left to left side, close right beside left, step forward left
3&4 Step right to right side, close left beside right, step back right
5&6 Step back on left, close right to left, step back on left
7&8 Step back on right, close left beside right, step forward on right
- 6 ROCK FORWARD, RECOVER, SHUFFLE ½ TURN LEFT, SIDE ROCK CROSS X 2**
1-2 Rock forward on left, recover to right
3&4 Make ½ turn left stepping forward on left, close right beside left, step forward on left
5&6 Rock right to right side, recover to left, cross right over left
7&8 Rock left to left side, recover to right, cross left over right

Restart: one restart on wall 3 (12:00) on count 7&8 –
make a ½ sailor turn, and touch right next to left then restart the dance at (6:00)
