



Approved by:

# This & That

## 4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Side, Touch (x 2) Side, Together, Forward, Touch</b>		
1 - 2	Step right to right side. Touch left beside right.	Side Touch	Right
3 - 4	Step left to left side. Touch right beside left.	Side Touch	Left
5 - 6	Step right to right side. Step left beside right.	Side Together	Right
7 - 8	Step right forward. Touch left beside right.	Step Touch	Forward
<b>Section 2</b>	<b>Side, Touch (x 2) Side, Together, Back, Flick</b>		
1 - 2	Step left to left side. Touch right beside left.	Side Touch	Left
3 - 4	Step right to right side. Touch left beside right.	Side Touch	Right
5 - 6	Step left to left side. Step right beside left.	Side Together	Left
7 - 8	Step left back. Flick right forward.	Back Flick	Back
<b>Section 3</b>	<b>Coaster Step, Brush, Forward Lock Step, Brush</b>		
1 - 2	Step right back. Step left beside right.	Back Together	Back
3 - 4	Step right forward. Brush left forward.	Step Brush	Forward
5 - 6	Step left forward. Lock right behind left.	Left Lock	
7 - 8	Step left forward. Brush right forward.	Left Brush	
<b>Section 4</b>	<b>Jazz Box 1/4 Turn, Extended Weave</b>		
1 - 2	Cross step right over left. Step left back.	Cross Back	Back
3 - 4	Make 1/4 turn right stepping right forward. Cross step left over right.	Turn Cross	Turning right
5 - 6	Step right to right side. Cross step left behind right.	Side Behind	Right
7 - 8	Step right to right side. Cross step left over right.	Side Cross	

**Choreographed by:** Gary Lafferty (Scotland) October 2008

**Choreographed to:** 'Woman' by Mark Chesnutt (140 bpm) from CD Rollin' With The Flow, also available as a download from iTunes

**Choreographer's note:** Suggested floor split - One Step Forward