

This (Linedance)

42 Count, 2 Wall, Improver

Choreographer: Caroline Cooper (UK) June 2013

Choreographed to: This by Darius Rucker

Intro: 32 Counts

S1: 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

S2: 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

S3: 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

S4: 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

S5: 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

S6: 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

This dance has one re-start on wall 3 (12:00) on count 7&8 make a ½ sailor turn, and touch right next to left then re-start the dance at (6:00)

CONTACT DETAILS coolcoopers@yahoo.com

Music download available from Amazon or iTunes