

Øvet den 3. November 2010

Begynder-dans

This & That

4 WALL - 32 COUNTS - Beginner

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

Section 1 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.

Section 2 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.

Section 3 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.

Section 4 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.