



Specializing in  
Line Dancing &  
Couples Flow Dancing  
To All Types of Music

John & Freida Utzig  
(815)389-3366

Website: [www.countryplus.org](http://www.countryplus.org)  
E-mail: [countryplus@sbcglobal.net](mailto:countryplus@sbcglobal.net)

ASCAP/BMI Licensed

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

## THIS & THAT

Choreographed by: **Gary Lafferty**  
Description: 32-count , 4-wall , beginner-level line dance (no tags, no restarts, 1 turn)  
Music Track: "Woman" by Mark Chesnutt  
Music Info: 16-count intro , 140bpm , available on album "Rollin' With The Flow" or from iTunes (79p)  
Floor Splits: "One Step Forward"

---

### STEP RIGHT , TOUCH , STEP LEFT , TOUCH ; SIDE , TOGETHER , FORWARD , TOUCH

- 1-2 Step to Right on Right foot , touch Left foot beside Right
- 3-4 Step to Left on Left foot , touch Right foot beside Left
- 5-6 Step to Right on Right foot , step on Left foot beside Right
- 7-8 Step forward on Right foot , touch Left foot beside Right

### STEP LEFT , TOUCH , STEP RIGHT , TOUCH ; SIDE , TOGETHER , BACK , FLICK

- 1-2 Step to Left on Left foot , touch Right foot beside Left
- 3-4 Step to Right on Right foot , touch Left foot beside Right
- 5-6 Step to Left on Left foot , step on Right foot beside Left
- 7-8 Step back on Left foot , flick Right foot forward

### RIGHT COASTER STEP , BRUSH ; LEFT STEP-LOCK-STEP , BRUSH

- 1-2 Step back on Right foot , step on Left foot beside Right
- 3-4 Step forward on Right foot , brush Left foot forward
- 5-6 Step forward on Left foot , lock-step Right foot behind Left
- 7-8 Step forward on Left foot , brush Right foot forward

### JAZZBOX with ¼ TURN to RIGHT ; EXTENDED WEAVE

- 1-2 Cross-step Right foot over Left , step back on Left foot
- 3-4 Turn ¼ Right stepping forward onto Right foot , cross-step Left foot over Right
- 5-6 Step to Right on Right foot , cross-step Left foot behind Right
- 7-8 Step to Right on Right foot , cross-step Left foot over Right