

THIS WOMAN, THIS MAN

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Count: 48 **Wall:** 2 **Level:** advanced

Choreographer: Michael Barr & Michele Burton

Music: This Woman Needs by Shedaisy

TWINKLE, STRIDE TELE-RONDE TOUCH

- 1-3** Left foot stride diagonally forward in front of right foot; right foot step side right; left foot step in place, angling body to left diagonal
- 4-6** Right foot stride diagonally forward in front of left foot, left foot floor sweep $\frac{1}{2}$ circle from back to front. End with left toe to right instep in 3rd position

As this movement occurs, there is a slight rotation to the right on the ball of the right foot

STRIDE $\frac{1}{4}$ TURN LEFT, STRIDE $\frac{1}{4}$ TURN RIGHT

- 7-9** Left foot stride forward; right foot step into $\frac{1}{4}$ turn left; left foot step forward
- 10-12** Right foot stride forward; left foot step into $\frac{1}{4}$ turn right; right foot step in place

CROSS $\frac{1}{4}$, $\frac{1}{4}$, CROSS $\frac{1}{2}$ TURN HOLD

- 13-15** Left foot stride cross over right (knees must bend); right foot step back into $\frac{1}{4}$ turn left; left foot step back into $\frac{1}{4}$ turn left
- 16-18** Right foot stride cross over left (knees must bend); left foot step side left, beginning a $\frac{1}{2}$ turn right on ball of left foot (right foot is placed beside left calf); hold (right foot remains beside calf)

Counts 17-18 are a $\frac{1}{2}$ pirouette with a hold on count 18.

LUNGE FULL TURN, STRIDE DRAG HOLD

- 19-21** Right foot lunge right (bring torso directly over bent right knee, left leg straight) (arms in "L", left arm forward, right arm extended to right); left foot recover weight while making $\frac{1}{4}$ turn to left; right foot step close to left while executing a $\frac{3}{4}$ turn left (on ball of right foot)
- 22-24** Left foot stride side left; right foot drag toward left; right foot drag to touch beside left

Arm styling: Left arm extends up, right arm extends forward

PSEUDO TWINKLE, STRIDE, STEP $\frac{1}{2}$ PIVOT (LEFT)

25-27 Right foot stride diagonally forward in front of left; left foot step side left; right foot step in place

28-30 Left foot stride forward; right foot step forward; ½ pivot left, shifting weight to left foot

STRIDE FULL TURN (RIGHT), STRIDE, STEP ½ PIVOT (LEFT)

31-33 Right foot stride forward; left foot step close to right while executing full turn right on ball of left foot; right foot step slightly forward

34-36 Left foot stride forward; right foot step forward; ½ pivot left, shifting weight to left foot

ROCK RETURN (ANGLE LEFT), ROCK RETURN (ANGLE RIGHT)

37-39 Right foot rock stride forward to left diagonal; left foot recover weight; right foot step beside left

Arm styling: Offer right arm out over right foot, palm up

40-42 Left foot rock stride forward to right diagonal; right foot recover weight; left foot step beside right

Arm styling: Offer left arm out over left foot, palm up

STRIDE ¼ TURN (RIGHT) HOLD, 1 ¼ TURN (RIGHT)

43-45 Right foot stride forward; left foot step forward into ¼ turn right; right foot drag to left and touch

46-48 Right foot stride right into ¼ turn right; left foot step close to right while executing a full turn right on the ball of the left foot; right foot step slightly forward

Over-rotate turn slightly, positioning body to begin again

REPEAT