

This (linedance)

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Count: 48 **Wall:** 2 **Level:** Improver

Choreographer: Caroline Cooper (UK) Jun 2013

Music: This by Darius Rucker

Intro - 32 Counts

SECTION 1: 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

SECTION 2: 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

SECTION 3: 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

SECTION 4: 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

SECTION 5: 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

SECTION 6: 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)

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