

# That N' This

拍数: 32      墙数: 4      级数: Improver  
编舞者: John "Growler" Rowell (UK)  
音乐: After All That, This - Redfern & Crookes



## ROCK-RECOVER, RIGHT SHUFFLE, SIDE ROCK-RECOVER, BEHIND-TURN-STEP

- 1            Rock forward on right (pushing hips forward) (12:00)
- 2            Recover on left (pushing hips back)
- 3&4        Step forward right, step left next to right, step forward right
- 5-6        Rock left to left, recover on right
- 7&8        Step left behind right, step right ¼ turn right, step left forward (3:00)

## CROSS, STEP BACK, BACK-LOCK-STEP, BEHIND, UNWIND, KICK-BALL-STEP

- 1-2        Cross right over front of left, step left back
- 3&        Step right back on right diagonal, lock left over front of right
- 4        Step right back on right diagonal
- 5-6       Cross left behind right, unwind half turn left (9:00)
- 7&8       Kick right forward, step on ball of right, step forward left

## STEP, HALF TURN, RIGHT SHUFFLE, FULL TURN, FORWARD MAMBO

- 1-2        Step forward right, pivot half turn left (3:00)
- 3&4        Step forward right, step left next to right, step forward right
- 5        On ball of right pivot half turn right stepping back left (9:00)
- 6        On ball of left pivot half turn right stepping forward right (3:00)
- 7&8        Rock left forward, recover on right, step left next to right

## HEEL-&, HEEL-&, TOE-&, HEEL-&, FORWARD ROCK, RECOVER, BACK ROCK-&-STOMP

- 1&        Tap right heel forward, step right in place
- 2&        Tap left heel forward, step left in place
- 3&        Tap right toe behind left foot, step right in place
- 4&        Tap left heel forward, step left in place
- 5-6       Rock forward on right, recover on left
- 7&8       Rock back on right, recover on left, stomp (up) right next to left

REPEAT

---