

# This & That

拍数: 32      墙数: 2      级数: Improver  
编舞者: Kathy Stearns (USA)  
音乐: A Man With 18 Wheels - Lee Ann Womack



## WALK, ¾ TURN, WALK, HIP PUSHES

1-4      Walk forward right, left, right, left  
&      Spin ¾ turn right keeping weight on left foot  
5-6      Walk forward right, left  
7&8      Step right to right side; push hips left; push hips right

## WEAVE, HEEL TAPS

9-10      Step left to left side; cross-step right behind left  
11-12      Step left to left side; cross-step right over left  
13      Step left to left side  
14-16      Tap right heel 3 times

## HUSTLE BASIC, TURN, HOLD

&17-18      Step on ball of right beside left; step left foot forward; turning ½ left, step back on right  
19-20      Step left back; hold  
&21-22      Step on ball of right beside left; step left foot forward; turning ½ left, step back on right  
23-24      Step left back; hold

## SIDE ROCK, ¼ TURN, STEP BACK, HOLD, TURNING TRIPLE STEP, PIVOT TURN, STEP BACK

&25-26      Rock-step right to right side; rock weight onto left foot to left side turning ¼ left, step right foot back  
27-28      Step left back; hold  
29&30      Spinning ½ turn right, triple step forward stepping right, left, right  
31-32      Step left forward; pivot ½ turn right onto right foot  
&      Rock weight onto ball of left foot

## REPEAT

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