

# This (linedance)

拍数: 48      墙数: 2      级数: Improver  
编舞者: Caroline Cooper (UK) - June 2013  
音乐: This - 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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