



This Is That

Choreographed by **Cato Larsen**
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Description: 48 count, 2+2 Wall LineDance.
Level: Intermediate.
Music: This Is That – Mike Walker.
CD: Mike Walker – Mike Walker (2001).
Intro: Start at vocals after 16 counts (13 seconds).
Motion: Smooth (Triple Two Step/West Coast).
Tempo: 94 BPM.
Videolink:

1 – 8	Step, Together, Shuffle back, Full turn, 1/4 turn into Side Rock & Cross.	
1,2	Step forward on right (1), Step left next to right (2).	12:00
3&4	Step back on right (3), Step left next to right (&), Step back on right (4).	
5	Pivot ½ turn left Stepping forward on left (5).	6:00
6	Pivot ½ turn left Stepping back on right (6).	12:00
7&	Pivot ¼ turn left Stepping left to left side (7), Rock (recover) weight back again onto right (&).	9:00
8	Cross left over right (8).	
9 – 16	Side, Touch, Side, Touch, Side Shuffle, Side, Touch, Side, Touch, Side Shuffle.	
1&	Step right to right side (1), Touch left toe next to right (&).	
2&	Step left to left side (2), Touch right toe next to left (&).	
3&4	Step right to right side (3), Step left next to right (&), Step right to right side (4).	
5&	Step left to left side (5), Touch right toe next to left (&).	
6&	Step right to right side (6), Touch left toe next to right (&).	
7&8	Step left to left side (7), Step right next to left (&), Step left to left side (8).	
Restart:	<i>Restart from here on wall 3. You will be facing 9 O'clock.</i>	
17 – 24	Cross, Side, Vaudeville, Jazz Box into Hip Sways.	
1,2	Cross right over left (1), Step left to left side (2).	
3&4	Cross right behind left (3), Step left to left side (&), Touch right heel diagonally forward right (4).	
&5,6	Step right next to left (&), Cross left over right (5), Step back on right (6).	
7,8	Step left to left side Swaying hips left (7), Sway hips right (8).	
25 – 32	Cross, Side Rock, Cross, Side Rock (Bota Fogas), Cross, ¼ Pivot turn twice, Together & Flick.	
1&2	Cross left over right (1), Step right to right side (&), Rock (recover) weight back again onto left (2).	
3&4	Cross right over left (3), Step left to left side (&), Rock (recover) weight back again onto right (4).	
5	Cross left over right (5).	
6	Pivot ¼ turn left Stepping back on right (6).	6:00
7	Pivot ¼ turn left Stepping left to left side (7).	3:00
8	Step right next to left and at the same time; Kick or Flick the left foot to the left side (8).	
33 – 40	Cross Rock, Side, Cross, ¼ Pivot turn, Back Rock, ½ Pivot turn, ¼ Pivot turn into Side Rock.	
1&2	Cross left over right (1), Rock (recover) back again onto right (&), Step left to left side (2).	3:00
3	Cross right over left (3).	
4	Pivot ¼ turn right Stepping back on left (4).	6:00
5&	Step back on right (5), Rock (recover) weight forward again onto left (&).	
5,6	Pivot ½ turn left Stepping back on right (6).	12:00
7,8	Pivot ¼ turn left Stepping left to left side (7), Rock (recover) weight back again onto right (8).	9:00
41 – 48	Sailor 1/4 turn, Walk forward, Anchor Step, Coaster Step.	
1&	Cross left behind right (1), Step right slightly to right side (&).	
2	Pivot ¼ turn left Stepping slightly forward on left (2).	6:00
3,4	Step forward on right (3), Step forward on left (4).	
5&6	Lock right behind left (5), Rock (recover) weight back again onto left (&), Step back on right (6).	
7&8	Step back on left (7), Step right next to left (&), Step forward on left (8).	