

This Is How We Do It

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Cody Flowers (USA) - October 2015

Musik: This Is How We Do It - Montell Jordan



(1-8) Rock-Recover-½, ¼ Step, Sailor, Skate (2x), Rock-Recover-½

- 1&2 Rock forward on LF, Recover on RF, Make ½ Turn left (6:00) stepping forward on LF
- 3 Make ¼ Turn left (3:00) stepping RF to right side
- 4&5 Step LF behind RF, Step RF to right side, Skate LF to front
- 6 Skate forward on RF
- 7&8 Rock forward on LF, Recover on RF, Make ½ Turn left (9:00) stepping forward on LF

(9-16) ¼, Hip Roll (x2), Ball Cross, ¼, ¼, Side, Together, Side, Together, Side

- 1 2 Keep the momentum going by rolling your hips around counter clockwise to the right side making a ¼ Turn left (6:00) putting weight on your RF
- 3 4 Roll hips clockwise around to left side putting weight on LF, Kick RF forward
- &56 Step RF beside LF, Cross LF over RF, Make ¼ Turn left (3:00) stepping back on RF
- 7&8& Make ¼ Turn left (12:00) stepping LF to left side, Step RF beside LF, Step LF to left side, Step RF beside LF

(17-24) Rock-Recover, Sweep, Behind, Heel, Ball Cross, ¼, Coaster

- 1&2 Rock forward on LF, Recover weight on RF, Step LF behind RF sweeping RF from front to back
- 3&4 Step RF behind LF, Step LF to left side, Kick right heel out
- &56 Step RF beside LF, Cross LF over RF, Make ¼ Turn left (9:00) stepping back on RF
- 7&8 Step back on LF, Step RF beside LF, Step forward on LF

(25-32) Scuff, Hitch, Step, ¼ Swivels, Sailor, ¼ Coaster

- 1&2 Scuff right heel forward, Hitch right knee up, Step RF forward
 - 3&4 Swivel RF and LF at same time, heels right, heels left, heels right while making 1 /4 Turn left (6:00)
 - 5&6 Step LF behind RF. Step RF to right side, Step LF beside RF
 - 7&8 Make ¼ Turn right (9:00) stepping RF behind LF, Step LF beside RF, Step RF forward
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