## This Is How We Do It

Compte: 32
Mur: 4
Niveau: Novice
Chorégraphe: Daniel Trepat (NL) \& Nisrine Sadqi - March 2005
Musique: This Is How We Do It - Mis-Teeq

Clap, hitch, step and clap, $1 / 4$ turn right, $3 / 4$ turn right, $1 / 4$ turn right, point, step, $1 / 4$ turn left.

## 1 Clap

\& RF Hitch
$2 \quad$ RF Put RF down and clap
$3 \quad$ LF $1 / 4$ turn right en step to left side
$4 \quad$ RF $3 / 4$ turn right en step forward
$5 \quad$ LF $1 / 4$ turn right en step to left side
$6 \quad$ RF Point diagonally behind LF
$7 \quad$ RF Step forward
$8 \quad$ LF+RF Make 1/4 turn left

## Hitch and hitch with arm movements, hitch, step left, $1 / 4$ turn left x3.

1 LF Hitch, bring your R.elbow to your L.knee
\& LF Put LF down
2 RF Hitch, bring your L.elbow to your R.knee
\& RF Put RF down
$3 \& \quad$ Turn your right wrist around
4 LF Hitch L.knee in front of R.leg, move both stretched arms to the left
$5 \quad$ LF Step to the left side
6 RF Turn 1/4 left and step to right side
$7 \quad$ LF Turn $1 / 4$ left and step to the left side
$8 \quad$ RF Turn 1/4 left and step to the right side

## 3/4 turn left, step fwd, heel grind, $1 / 4$ turn left, side step, swivels left and right.

1
LF Make on RF $3 / 4$ turn left en step with LF forward
2 RF Step forward
3 LF Heel grind forward
\& RF Step $1 / 4$ turn left
$4 \quad$ LF Step to the left side
$5 \quad R F+L F$ Swivel toes to the left
\& RF+LF Swivel toes back
$6 \quad \mathrm{RF}+\mathrm{LF}$ Swivel toes to the right
\& RF+LF Swivel toes back
$7 \quad R F+L F$ Swivel toes to the left
\& RF+LF Swivel toes back
$8 \quad$ RF+LF Swivel toes to the right
\& RF+LF Swivel toes back, weight on right
Sailor step, cross behind, $1 / 2$ turn with sweep, cross and cross, and cross, touch.
1 LF Cross behind RF
\& $\quad$ RF Small step to the right
2 LF Small step to the left
3 RF Cross behind
4 LF Make on RF 1/2 turn right en sweep LF from back to front
5 LF Cross over
\& RF Step together

LF Cross over
RF Step together

Styling: During count 5 till 8
The man: L.arm streched in front and turn your arm clockwise around
The ladies: R.arm streched in front and turn your arm counterclockwise around

