

This Is How We Do It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数:
编舞者: Paulette Hylands (UK)
音乐: This Is How We Do It - Montell Jordan



Dance starts after line 'This is how we do it'

BACK RIGHT SLIDE WITH BODY ROLL, FULL TURN TURNING RIGHT, ROCK & CROSS

- 1-2 Step right foot back, begin sliding left foot backwards while rolling body
- 3-4 Continue to roll body as left foot meets beside right
- 5-6 Turn right foot half turn to the right, turn left foot half turn to the right
- 7&8 Rock right to right side, cross right over left

TOE STRUTS AND FINGER CLICKS, ROCKS, POINT & CROSS

- 1-2 Point left toe to left side, drop heel and click fingers
- 3-4 Cross right toes over left foot, drop heels and click fingers
- 5&6& Rock left foot forward, recover, rock left foot to left side, recover
- 7&8 Point left heel diagonally left, place left foot beside right, cross right over left

POINT, FULL TURN, STEP & SLIDE, STEPS & PUSHES

- 1-2 Point left foot to left side, on ball of right foot spin full turn to the left placing left beside right
- 3-4 Step right foot to right side, slide left beside right
- 5&6 Step left foot forward as you push arms out, then push arms 'in, out'
- 7&8 Step right foot forward as you push arms out, then push arms 'in, out'

Arms up, palms forward

STEP, SLIDE, CROSS, UNWIND, STEPS & KNEE POPS

- 1-2 Step left foot to left side, slide right beside left
- 3-4 Tuck left foot behind right & unwind half turn to the left
- 5&6 Step right foot diagonally right while bouncing right knee 'out, in, out'
- 7&8 Step left foot diagonally left while bouncing left knee 'out, in, out'

REPEAT