

How We Do

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Holly Easom (USA) & Cody Flowers (USA) - June 2012
音乐: How We Do (Party) - Rita Ora



Count In: □ Dance Begins after 14 Counts (Approx. 8 seconds into song)

Notes: □ Restarts on Walls 3, 6, & 8 after the first 16 counts.

[1-8] □ ½-Sweep, Behind-Side-Cross, Kick-Ball-Change (x2)

1 2 ½ Turn left stepping back on RF while sweeping LF around □ 6:00
3&4 LF behind RF, Step RF to right side, Cross LF over RF 6:00
5&6 Kick RF to right diagonal, Step ball of RF down, Change weight to LF □ 6:00
7&8 Kick RF to right diagonal, Step ball of RF down, Change weight to LF □ 6:00

[9-16] □ Rock-Recover, Behind-¼-Fwd, Out-Out-&, Cross, ¾ Unwind □

1 2 Rock RF to right side, Recover weight on LF 6:00
3 4 RF behind LF, ¼ Turn left stepping LF forward, RF forward 3:00
5&6 LF out and slightly forward, RF out and slightly forward, Step LF beside RF □ 3:00
7 8 Cross LF over RF, Unwind ¾ Turn left □ 6:00

[17-24] □ Back, Back, ¼ Triple, Cross Rock, Touch-&-Heel-&

1 2 Step back on LF, Step back on RF 6:00
3&4 ¼ Turn left stepping LF to left side, Step RF beside LF, Step LF to left side 3:00
5&6 Rock RF in front of LF, Recover weight on LF, Step RF to right side 3:00
7&8& Touch LF beside RF, Step down on LF, Kick RF forward, Step down on RF 3:00

[25-32] □ Fwd, Pivot ½, ½-Back-Back, Rock-Recover, ¼, ½

1 2 Step LF forward, Pivot ½ Turn right stepping forward on RF 9:00
3&4 ½ Turn right stepping back on LF, RF beside LF, Step back on LF 3:00
5 6 Rock back on RF, Recover weight on LF 3:00
7 8 ¼ Turn left stepping RF to right side, ½ Turn left stepping LF to left side 3:00

Restarts on Walls 3, 6, & 8 after the first 16 counts. When doing the restart, you don't do the ½ turn left to begin. You begin the dance again sweeping with the left foot for counts (1-2).

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