

# THIS is how WE do!

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Stine Emilie Nøding Hansen (NOR) - October 2013  
音乐: This Is How We Do - Katy Perry : (Album: Prism)



**\*\* Made for the girls in Rokkeflokken as a (very) delayed confirmation gift ;) \*\***

**(8 count intro after beat starts)**

## **R sailor, hip bumps, coaster ¼ turn left, R lock**

- 1&2      Make a right sailor stepping right behind left, left next to right, touch right to right side
- 3&4      Make two hip bumps to left putting weight onto right foot
- 5&6      Coaster step crossing left behind right, step right next to left, make ¼ turn to the left stepping forward on left
- 7&8      Make a right lock forward stepping right forward, lock left behind right, step right forward

## **L chase turn, out-out, push back, hipbumps**

- 1&2      Make a left chase turn stepping left forward, ½ over right shoulder stepping on right, step left forward
- 3-4      Step right foot out to right, step left foot out to left
- 5      Put your hands up in front of you and "push" yourself backward onto your heels
- &6      Step right back to the right, step left foot out to the left (moving hands downward)
- 7-8      Keep hands together in front of your hips, bump ass up to the left, bump ass up to the right

## **L sailor, weave, hip sways with ¼ turn left**

- 1&2      Make a left sailor stepping left behind right, right to right side, left to left side
- &3&4      Cross right behind left, step left to left side, cross right over left, step left to left side
- 5-6-7&      Sway hips to left, right, left-right
- 8      Sway hip to left making ¼ turn to left

## **R chase turn (prep), ¾ turn, rock-recover, step-kick, step-kick**

- 1&2      Make a right chase turn stepping forward on right, ½ turn over left shoulder stepping left in place, step forward on right (prepping for reverse turn)
- 3&4      Make a ¾ turn over right shoulder, turn ½ stepping back on left, ¼ turn stepping right to right side, cross left over right
- 5-6      Rock right diagonally forward to right, recover on left
- 7      Step back on right and make a small kick forward with left
- 8      Step back on left and make a small kick forward with right

## **TAG: There is a 16 count tag after wall 1 and 3**

### **Out-out, hold, bod yroll, kick, step, touch, twist X2**

- 1&      Step right to right side, step left to left side
- 2      Hold
- 3-4      Make a body roll angling body diagonally left and moving weight onto right foot
- 5&      kick left forward, step left forward
- 6      Touch right next to right
- 7-8      Twist right knee to right twice turning body out of diagonal position

### **Out-out, hold, bod yroll, kick, step, touch, twist X2**

- 1&      Step right to right side, step left to left side
- 2      Hold
- 3-4      Make a body roll angling body diagonally left and moving weight onto right foot
- 5&      kick left forward, step left forward

6 Touch right next to right  
7-8 Twist right knee to right twice turning body out of diagonal position

**RESTART: In wall 6 you dance the first 16 counts and start over**

**Also after wall 8 the music fades out, keep dancing! It will be back!**

Hope you like it girls! ;)

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