

This Is How We Do It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cody Flowers (USA) - October 2015
音樂: 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