

# This Is How We Do It

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Amy Christian (USA) - April 2020  
音樂: This Is How We Do It - Montell Jordan



**Intro: Start right after Montell sings "This is how we do it".**

**STEP, LOCK, SHUFFLE FORWARD, SIDE, TOGETHER, SIDE SHUFFLE,**

1-2      Step R diagonally forward, Step L behind R heel – pop R knee, [1:00]  
3&4      Shuffle forward R-L-R,  
5-6      Step L to left side, Step R next to L,  
7&8      Side shuffle L-R-L,

**STEP, LOCK, SHUFFLE FORWARD, SIDE, TOGETHER, SIDE SHUFFLE,**

1-2      Step R diagonally forward, Step L behind R heel – pop R knee,  
3&4      Shuffle forward R-L-R,  
5-6      Step L to left side, Step R next to L,  
7&8      Side shuffle L-R-L,

**STEP DIAGONALLY BACK, TOUCH (CLAP) X 2, BACK, BACK, BACK, TOGETHER,**

1-2      Step R diagonally back, Touch L next to R (Clap),  
3-4      Step L diagonally back, Touch R next to L (Clap),  
5-8      Step back R-L-R, Step L next to R,

**SIDE, TOUCH, SIDE, TOUCH, STEP FORWARD, TOUCH, ¼ SIDE, TOUCH,**

1-2      Step R to right side, Touch L next to R,  
3-4      Step L to left side, Touch R next to L,  
5-6      Step R forward – bending knees, Touch L next to R,  
7-8      Make a ¼ turn left stepping - L to left side [9:00], Touch R next to L,

**Start over!**

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