

# This Is How We Do It

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Cody Flowers (USA) - October 2015

Music: This Is How We Do It - Montell Jordan



## (1-8) Rock-Recover- $\frac{1}{2}$ , $\frac{1}{4}$ Step, Sailor, Skate (2x), Rock-Recover- $\frac{1}{2}$

- 1&2 Rock forward on LF, Recover on RF, Make  $\frac{1}{2}$  Turn left (6:00) stepping forward on LF  
3 Make  $\frac{1}{4}$  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  $\frac{1}{2}$  Turn left (9:00) stepping forward on LF

## (9-16) $\frac{1}{4}$ , Hip Roll (x2), Ball Cross, $\frac{1}{4}$ , $\frac{1}{4}$ , Side, Together, Side, Together, Side

- 1 2 Keep the momentum going by rolling your hips around counter clockwise to the right side making a  $\frac{1}{4}$  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  $\frac{1}{4}$  Turn left (3:00) stepping back on RF  
7&8& Make  $\frac{1}{4}$  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, $\frac{1}{4}$ , 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  $\frac{1}{4}$  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, $\frac{1}{4}$ Swivels, Sailor, $\frac{1}{4}$ 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  $\frac{1}{4}$  Turn left (6:00)  
5&6 Step LF behind RF. Step RF to right side, Step LF beside RF  
7&8 Make  $\frac{1}{4}$  Turn right (9:00) stepping RF behind LF, Step LF beside RF, Step RF forward
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