

This Is How We Do It

Compte: 32

Mur: 4

Niveau: Absolute Beginner

Chorégraphe: Amy Christian (USA) - April 2020

Musique: 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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