

# This Is How We Do It

拍数: 32                      墙数: 4                      级数: Novice  
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音乐: This Is How We Do It - Mis-Teeq



## Clap, hitch, step and clap, 1/4 turn right, 3/4 turn right, 1/4 turn right, point, step, 1/4 turn left.

1                      Clap  
&                      RF Hitch  
2                      RF Put RF down and clap  
3                      LF 1/4 turn right en step to left side  
4                      RF 3/4 turn right en step forward  
5                      LF 1/4 turn right en step to left side  
6                      RF Point diagonally behind LF  
7                      RF Step forward  
8                      LF+RF Make 1/4 turn left

## Hitch and hitch with arm movements, hitch, step left, 1/4 turn left x3.

1                      LF Hitch, bring your R.elbow to your L.knee  
&                      LF Put LF down  
2                      RF Hitch, bring your L.elbow to your R.knee  
&                      RF Put RF down  
3 &                      Turn your right wrist around  
4                      LF Hitch L.knee in front of R.leg, move both stretched arms to the left  
5                      LF Step to the left side  
6                      RF Turn 1/4 left and step to right side  
7                      LF Turn 1/4 left and step to the left side  
8                      RF Turn 1/4 left and step to the right side

## 3/4 turn left, step fwd, heel grind, 1/4 turn left, side step, swivels left and right.

1                      LF Make on RF 3/4 turn left en step with LF forward  
2                      RF Step forward  
3                      LF Heel grind forward  
&                      RF Step 1/4 turn left  
4                      LF Step to the left side  
5                      RF+LF Swivel toes to the left  
&                      RF+LF Swivel toes back  
6                      RF+LF Swivel toes to the right  
&                      RF+LF Swivel toes back  
7                      RF+LF Swivel toes to the left  
&                      RF+LF Swivel toes back  
8                      RF+LF Swivel toes to the right  
&                      RF+LF Swivel toes back , weight on right

## Sailor step, cross behind, 1/2 turn with sweep, cross and cross, and cross, touch.

1                      LF Cross behind RF  
&                      RF Small step to the right  
2                      LF Small step to the left  
3                      RF Cross behind  
4                      LF Make on RF 1/2 turn right en sweep LF from back to front  
5                      LF Cross over  
&                      RF Step together

- 6 LF Cross over
- & RF Step together
- 7 LF Cross over
- 8 RF Touch next to LF.

**Styling: During count 5 till 8**

**The man: L.arm streched in front and turn your arm clockwise around**

**The ladies: R.arm streched in front and turn your arm counterclockwise around**

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