

This Is How We Do It

拍数: 32 墙数: 4 级数: Novice
编舞者: Daniel Trepát (NL) & Nisrine Sadqi - March 2005
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
