

This Is How We Do It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Amy Christian (USA) - April 2020
音乐: 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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