

# This Is How We Do It

拍数: 64      墙数: 2      级数: Easy Intermediate  
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音乐: This Is How We Do It - Solid Base



Intro: 36

SEQUENCE : 64 (TAG1), 64(TAG2), 32(TAG1), 64, 64(TAG1), 64, 64 (POSE)

## S1. BACK ROCK, FORWARD LOCK SHUFFLE, ROCKING CHAIR

1-2            Rock R back - Recover on L (12:00)  
3&4           Step R forward - Lock L behind R - Step R forward  
5-8           Rock L forward - Recover on R - Rock L back - Recover on R (12:00)

## S2. DIAGONAL FORWARD, TOUCH, WALK BACK L-R, TURN 1/4 LEFT, TOUCH

1-4            Big step L diagonal forward - Touch R together - Big step R diagonal forward - Touch L together (12:00)  
5-8           Step L back - Step R back - Turn 1/4 left step L to side - Touch R together (9:00)

## S3. SWITCH TOUCHES, BIG SIDE & DRAG, TOUCH

1-4            Touch R to side - Touch R together - Big step R to side and drag L toward R - Touch L together (9:00)  
5-8            Touch L to side - Touch L together - Big step L to side and drag R toward L - Touch R together (9:00)

## S4. ROCKING CHAIR, JAZZ BOX TURN 1/4 RIGHT

1-4            Rock R forward - Recover on L - Rock R back - Recover on L (9:00)  
5-8            Cross R over L - Turn 1/4 right step L back - Step R to side - Step L forward (12:00)

**Note: TAG on wall 3 happens here**

## S5. FORWARD, HITCH, BACK, TOUCH (MODIFIED CHARLESTON)

1-4            Step R forward - Hitch L knee up - Step L back - Touch R back (12:00)  
5-8            Step R forward - Hitch L knee up - Step L back - Touch R back ( 12.00)

## S6. V STEP TURN 1/4 LEFT (2X)

1-4            Step R diagonal forward - Step L diagonal forward - Turn 1/4 left step R back - Step L together (9.00)  
5-8            Step R diagonal forward - Step L diagonal forward - Turn 1/4 left step R back - Step L together (6:00)

## S7. DIAGONAL FORWARD SHUFFLE, PIVOT 1/2 TURN LEFT, WALK FORWARD R-L

1&2           Step R diagonal forward - Step L behind R - Step R diagonal forward (6:00)  
3&4           Step L diagonal forward - Step R behind L - Step L diagonal forward  
5-6           Step R forward - Turn 1/2 left (12:00)  
7-8           Step R forward - Step L forward (12:00)

## S8. STEP FORWARD, TURN 1/2 RIGHT STEP BACK, COASTER STEP, STEP FORWARD SLIGHTLY TO SIDE, SIDE STEP, HEELS TWIST IN , TOES IN, HEELS IN

1-2            Step R forward - Turn 1/2 right Step L back (6:00)  
3&4           Step R back - Step L together - Step R forward  
5-6           Step L forward slightly to side - Step R to side  
7&8           Twist both heels in - Twist both toe in - Twist both heel in ( weight on left ) (6:00)

REPEAT

**TAG 1: End of wall 1, 5 and on wall 3 after 32 count**

**FORWARD, TOUCH**

1-4 Step R forward - Touch L together - Step L back - Touch R together

**Note: When doing this, do the shimmy shoulders**

**TAG 2: End of wall 2**

**FORWARD, TOUCH, OUT-OUT, IN-IN**

1-4 Step R forward - Touch L together - Step L back - Touch R together

**Note: When doing this, do the shimmy shoulders**

5-8 Step R to side - Step L to side - Step R back to center - Step L together

**For more info about step sheet & song, please contact:**

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