

How We Do

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Holly Easom (USA) & Cody Flowers (USA) - June 2012
音乐: How We Do (Party) - Rita Ora



Count In: □Dance Begins after 14 Counts (Approx. 8 seconds into song)

Notes: □Restarts on Walls 3, 6, & 8 after the first 16 counts.

[1-8] □ $\frac{1}{2}$ -Sweep, Behind-Side-Cross, Kick-Ball-Change (x2)

1 2 $\frac{1}{2}$ Turn left stepping back on RF while sweeping LF around □6:00
3&4 LF behind RF, Step RF to right side, Cross LF over RF 6:00
5&6 Kick RF to right diagonal, Step ball of RF down, Change weight to LF □6:00
7&8 Kick RF to right diagonal, Step ball of RF down, Change weight to LF □6:00

[9-16] □Rock-Recover, Behind- $\frac{1}{4}$ -Fwd, Out-Out-&, Cross, $\frac{3}{4}$ Unwind □

1 2 Rock RF to right side, Recover weight on LF 6:00
3 4 RF behind LF, $\frac{1}{4}$ Turn left stepping LF forward, RF forward 3:00
5&6 LF out and slightly forward, RF out and slightly forward, Step LF beside RF □3:00
7 8 Cross LF over RF, Unwind $\frac{3}{4}$ Turn left □6:00

[17-24] □Back, Back, $\frac{1}{4}$ Triple, Cross Rock, Touch-&-Heel-&

1 2 Step back on LF, Step back on RF 6:00
3&4 $\frac{1}{4}$ Turn left stepping LF to left side, Step RF beside LF, Step LF to left side 3:00
5&6 Rock RF in front of LF, Recover weight on LF, Step RF to right side 3:00
7&8& Touch LF beside RF, Step down on LF, Kick RF forward, Step down on RF 3:00

[25-32] □Fwd, Pivot $\frac{1}{2}$, $\frac{1}{2}$ -Back-Back, Rock-Recover, $\frac{1}{4}$, $\frac{1}{2}$

1 2 Step LF forward, Pivot $\frac{1}{2}$ Turn right stepping forward on RF 9:00
3&4 $\frac{1}{2}$ Turn right stepping back on LF, RF beside LF, Step back on LF 3:00
5 6 Rock back on RF, Recover weight on LF 3:00
7 8 $\frac{1}{4}$ Turn left stepping RF to right side, $\frac{1}{2}$ Turn left stepping LF to left side 3:00

Restarts on Walls 3, 6, & 8 after the first 16 counts. When doing the restart, you don't do the $\frac{1}{2}$ turn left to begin. You begin the dance again sweeping with the left foot for counts (1-2).

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