

This Is How

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Monique Laenen - October 2014
音樂: This Is How We Do - Katy Perry



Intro: 8 counts

Step R, Step L, Mambo R, Traveling Full Turn L Back (optional 2 Steps Back), Coasterstep

1,2 step rightfoot forward, step leftfoot forward
3&4 step rightfoot forward, put weight back on leftfoot, step rightfoot back
5,6 ½ turn left, leftfoot forward, ½ turn left, rightfoot back
7&8 step leftfoot back, step rightfoot beside leftfoot, step leftfoot forward

Step R ¼ Turn L (2X), Cross and Heel, Step Back R, Point L Forward, Step L Back, Point R Forward

1,2, step rightfoot forward, ¼ turn left
3,4 step rightfoot forward, ¼ turn left
5&6 cross rightfoot over leftfoot, step leftfoot to leftside with right heel diagonal to the right
&7&8 step rightfoot back with lefttoe touch forward, step leftfoot back with righttoe touch forward

Big Step R, Drag L to R, Tripple Step R Forward, Big Step L with ¼ turn R, Drag R to L, Triple Step L Forward

1,2 step rightfoot to rightside, drag leftfoot beside rightfoot, weight on leftfoot
3&4 step rightfoot forward, step leftfoot behind rightfoot, step rightfoot forward
5,6 step leftfoot with ¼ turn right to the left side, drag rightfoot beside leftfoot, weight rightfoot
7&8 step leftfoot forward, step rightfoot behind leftfoot, step leftfoot forward

Rockstep R, Triple Full Turn R, Rockstep L, Triple ½ turn Left

1,2 step rightfoot forward, put weight back on leftfoot
3&4 step rightfoot ½ turn right, step leftfoot beside rightfoot, step rightfoot ½ turn right
5,6 step leftfoot forward, put weight back on rightfoot
7&8 step leftfoot forward with ½ turn left, step rightfoot behind leftfoot, step leftfoot forward

Restart here on wall 2 and 5

Cross R, Point L, Cross L, Point R, Touch R behind L, ½ turn R, Triple Step R forward

1,2 cross rightfoot over leftfoot, point leftfoot to the left
3,4 cross leftfoot over rightfoot, point rightfoot to the right
5,6 touch rightfoot toe behind leftfoot, ½ turn right with weight on leftfoot
7&8 step rightfoot forward, step leftfoot behind rightfoot, step rightfoot forward

Rockstep L, Left Hipbump, Rockstep R, ½ turn Right, Step L

1,2 step leftfoot forward, put weight back on rightfoot
3&4 pusch hip forward on ball of leftfoot, weight back on rightfoot, full weight on leftfoot
5,6 step rightfoot forward, put weight back on leftfoot
7,8 step rightfoot forward with ½ turn right, step leftfoot forward

Start Again.

Restart dance after 32 counts on wall 2 and 5

Keep on dancing when the music fades she will call the beat back.
Last wall after 48 counts turn your face ¼ to the Right with an attitude.

Contact: niekske1967@gmail.com

