

# 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.

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