

This Is How We Do It

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Chika Hapsari (INA) & Roosamekto Mamek (INA) - October 2020
音樂: 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:

Chika : hapsari.chika@gmail.com

Mamek : Roosamekto.Nugroho@gmail.com
