

This Is How

拍數: 32 牆數: 1 級數: Intermediate/Advanced hip hop
編舞者: Michel Platje (NL) & Maurice van der Harst
音樂: This Is How We Do It (feat. The Game) - 50 Cent



¼ TURN, BODY ROLL, ¼ TURN, COASTER STEP, WALK, WALK

- 1 Point right finger forward, arm fully stretched
- 2 Pull right foot next to left foot, left foot to left side point left foot backwards, turn ¼ over right shoulder, fists crossed in front of hips(facing 9:00)
- 3 Body roll downwards
- 4 Step right foot back turn ¼ left, hitch left foot (facing 12:00 again)
- 5 Step left foot backwards & step right foot next to left foot
- 6 Step left foot forward & pull up right knee while doing this pull up right arm fist right hand up to hip, push down left arm fist left hand)
- 7 Walk right foot forward(push down right arm fist right hand, pull up left arm fist left hand up to hip & pull up right arm fist right hand up to hip, push down left arm fist left hand)
- 8 Walk left foot forward(ending crossed over right foot)push down right arm fist right hand, pull up left arm fist left hand up to hip & arms upwards and outwards elbows up to shoulders underarms upwards(angle arms 45 degrees)

½ TURN, OUT OUT, ¼ TURN BODY ROLL

- 1 ¼ turn over right shoulder(facing 3:00)
- 2 ¼ turn over right shoulder(facing 6:00)
- 3 Step right foot to right side(left arm in front of body, right arm stretched out forward resting on palm of left arm)
- 4 Step left foot to left side(right arm in front of body, left arm stretched out forward resting on palm of right arm)
- 5 Bring right hand to left shoulder dust of left shoulder
- 6 Right hand dust of left shoulder
- 7 Start body roll downwards
- 8 Finish body roll with turn ¼ to left(facing 3:00)

KICK, CROSS, ¾ TURN POINT, HITCH

- 1 Kick right foot forward(traveling forward with little jump)
- & ¼ turn left cross left foot behind right foot(face still 3:00, body 12:00)
- 2 ¾ turn over left shoulder(facing 3:00)
- 3 Point right foot to right side & pull right foot next to left foot
- 4 Point left foot to left side & hitch up left foot slightly crossed right
- 5 Scuff left foot to left side
- 6 Step left foot next to right foot
- 7 Point right foot forward(move right arm outwards and upwards over your head, left arm moving outwards and downwards ending in front of body)
- 8 Point right foot backwards(move left arm outwards and upwards over you head, right arm moving outwards and downwards ending in front of body)

¼ TURN, ¼ TURN, HITCH, SLIDE BODY ROLL FORWARD

- 1 Right foot step forward(right hand on left shoulder)
- & Hitch up left foot turning ¼ to right(right hand on right shoulder)(facing 6:00)
- 2 Step left foot to left side(right arm hanging next to body, left arm on back)
- 3 Swing right arm to left side clapping hands, turning upper body to 3:00
- 4 Hitch up right knee(¼ turn left facing 3:00)(stretch left arm pointing downwards, right arm up like shooting an bow and arrow)

- 5 Big slide backwards on right foot left arm on right shoulder pushing right arm forward with palm open
- 6 Turn $\frac{1}{4}$ right arms next to body(facing 6:00)
- 7 Right foot big step forward start body roll(hands forward like climbing stairs)
- 8 Step left foot to left side finish body roll(hands move downwards towards begin position)

REPEAT
