

# This Is How We Do It

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 0      級數:  
編舞者: Paulette Hylands (UK)  
音樂: This Is How We Do It - Montell Jordan



Dance starts after line 'This is how we do it'

## BACK RIGHT SLIDE WITH BODY ROLL, FULL TURN TURNING RIGHT, ROCK & CROSS

1-2      Step right foot back, begin sliding left foot backwards while rolling body  
3-4      Continue to roll body as left foot meets beside right  
5-6      Turn right foot half turn to the right, turn left foot half turn to the right  
7&8      Rock right to right side, cross right over left

## TOE STRUTS AND FINGER CLICKS, ROCKS, POINT & CROSS

1-2      Point left toe to left side, drop heel and click fingers  
3-4      Cross right toes over left foot, drop heels and click fingers  
5&6&      Rock left foot forward, recover, rock left foot to left side, recover  
7&8      Point left heel diagonally left, place left foot beside right, cross right over left

## POINT, FULL TURN, STEP & SLIDE, STEPS & PUSHES

1-2      Point left foot to left side, on ball of right foot spin full turn to the left placing left beside right  
3-4      Step right foot to right side, slide left beside right  
5&6      Step left foot forward as you push arms out, then push arms 'in, out'  
7&8      Step right foot forward as you push arms out, then push arms 'in, out'

Arms up, palms forward

## STEP, SLIDE, CROSS, UNWIND, STEPS & KNEE POPS

1-2      Step left foot to left side, slide right beside left  
3-4      Tuck left foot behind right & unwind half turn to the left  
5&6      Step right foot diagonally right while bouncing right knee 'out, in, out'  
7&8      Step left foot diagonally left while bouncing left knee 'out, in, out'

REPEAT

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