

This Is The Way We Do It

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Aimee Reynolds
音樂: That's the Way (I Like It) - Scooter Lee



KICK & CROSS, KICK & CROSS, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

1&2 Kick right foot forward, return to center transferring weight to right, cross left over right & step
3&4 Repeat 1&2
5-6 Kick right foot forward, kick right foot to right
7&8 Step right behind left, step left beside right, step right foot to right

KICK & CROSS, KICK & CROSS, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

1&2 Kick left foot forward, return to center transferring weight to left, cross right over left & step
3&4 Repeat 1&2
5-6 Kick left foot forward, kick left foot to left
7&8 Step left behind right, step right beside left, step left foot to left

8 COUNTS PADDLE TURN

1-2 Step right foot forward, pivot 1/8 turn to left
3-4 Step right foot forward, pivot 1/8 turn to left
5-6 Step right foot forward, pivot 1/8 turn to left
7-8 Step right foot forward, pivot 1/8 turn to left (you are now facing 6:00)

You can really style this by putting some sway in the hips with each turn

KICK & KICK & KICK, KICK & KICK & KICK & KICK, KICK

1&2 Kick right foot forward, step right next to left, kick left foot forward
&3-4 Step left foot next to right, kick right foot twice
&5&6 Step right foot next to left, kick left foot forward, step left foot next to right, kick right foot forward
&7-8 Step right foot next to left, kick left foot twice

WALK, WALK, RIGHT COASTER STEP, WALK, WALK, LEFT COASTER STEP

&1-2 Step left foot next to right, step right foot forward, step left foot forward
3&4 Step right foot forward, step left foot beside right, step right foot back
5-6 Step left foot back, step right foot back
7&8 Step left foot back, step right foot back, step left foot forward

¼ TURN RIGHT, ½ TURN RIGHT, TRIPLE STEP, STEP ½ TURN LEFT, TRIPLE STEP

1-2 Step right foot ¼ turn to right, step left foot forward & pivot ½ turn to right (keeping weight on left foot)
3&4 Step right foot forward, step left foot beside right, step right foot forward
5-6 Step left foot forward, step right foot forward & pivot ½ turn left (keeping weight on right foot)
7&8 Step left foot forward, step right foot beside left, step left foot forward

ROLLING VINE RIGHT, SHUFFLE STEP, ROLLING VINE LEFT, SHUFFLE STEP

1-2 Step right foot to right ¼ turn, step left foot ¼ turn to right
3&4 Step right foot ½ turn to right, step left foot next to right, step right foot to right
5-6 Step left foot to left ¼ turn to left, step right foot ¼ turn to left
7&8 Step left foot ½ turn to left, step right foot next to left, step left foot to left

You can put a double turn in here on the rolling vines to spice up the dance.

8 COUNTS RUBBER BAND KNEES

- 1-2 With weight on left foot, roll right knee out to right side, then back to center transferring weight to right foot
- 3-4 Roll left knee out to left side then back to center transferring weight to left foot
- 5-6 Roll right knee out to right side, then back to center transferring weight to right foot
- 7-8 Roll left knee out to left side, then back to center transferring weight to left foot

REPEAT
