

# 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**

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