How We Do

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Holly Easom (USA) & Cody Flowers (USA) - June 2012

音樂: How We Do (Party) - Rita Ora

Count In: □Dance Begins after 14 Counts (Approx. 8 seconds into song)
Notes: □Restarts on Walls 3, 6, & 8 after the first 16 counts.

[1-8]□½-Sweep, Behind-Side-Cross, Kick-Ball-Change (x2)

1 2	½ Turn left stepping back on RF while sweeping LF around□6:00
3&4	LF behind RF, Step RF to right side, Cross LF over RF 6:00
5&6	Kick RF to right diagonal, Step ball of RF down, Change weight to LF□6:00
7&8	Kick RF to right diagonal, Step ball of RF down, Change weight to LF□6:00

[9-16]□Rock-Recover, Behind-¼-Fwd, Out-Out-&, Cross, ¾ Unwind □

1 2	Rock RF to right side, Recover weight on LF 6:00
3 4	RF behind LF, ¼ Turn left stepping LF forward, RF forward 3:00
56&	LF out and slightly forward, RF out and slightly forward, Step LF beside RF□3:00
7 8	Cross LF over RF, Unwind ¾ Turn left□6:00

[17-24]□Back, Back, ¼ Triple, Cross Rock, Touch-&-Heel-&

1 2	Step back on LF, Step back on RF 6:00
3&4	¼ Turn left stepping LF to left side, Step RF beside LF, Step LF to left side 3:00
5&6	Rock RF in front of LF, Recover weight on LF, Step RF to right side 3:00
7&8&	Touch LF beside RF, Step down on LF, Kick RF forward, Step down on RF 3:00

[25-32]□Fwd, Pivot ½, ½-Back-Back, Rock-Recover, ¼, ½

1 2	Step LF forward, Pivot ½ Turn right stepping forward on RF 9:00
3&4	½ Turn right stepping back on LF, RF beside LF, Step back on LF 3:00
5 6	Rock back on RF, Recover weight on LF 3:00
7 8	¼ Turn left stepping RF to right side, ½ Turn left stepping LF to left side 3:00

Restarts on Walls 3, 6, & 8 after the first 16 counts. When doing the restart, you don't do the ½ turn left to begin. You begin the dance again sweeping with the left foot for counts (1-2).

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