

THIS is how WE do!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Stine Emilie Nøding Hansen (NOR) - October 2013
音樂: This Is How We Do - Katy Perry : (Album: Prism)



**** Made for the girls in Rokkeflokken as a (very) delayed confirmation gift ;) ****

(8 count intro after beat starts)

R sailor, hip bumps, coaster ¼ turn left, R lock

- 1&2 Make a right sailor stepping right behind left, left next to right, touch right to right side
3&4 Make two hip bumps to left putting weight onto right foot
5&6 Coaster step crossing left behind right, step right next to left, make ¼ turn to the left stepping forward on left
7&8 Make a right lock forward stepping right forward, lock left behind right, step right forward

L chase turn, out-out, push back, hipbumps

- 1&2 Make a left chase turn stepping left forward, ½ over right shoulder stepping on right, step left forward
3-4 Step right foot out to right, step left foot out to left
5 Put your hands up in front of you and "push" yourself backward onto your heels
&6 Step right back to the right, step left foot out to the left (moving hands downward)
7-8 Keep hands together in front of your hips, bump ass up to the left, bump ass up to the right

L sailor, weave, hip sways with ¼ turn left

- 1&2 Make a left sailor stepping left behind right, right to right side, left to left side
&3&4 Cross right behind left, step left to left side, cross right over left, step left to left side
5-6-7& Sway hips to left, right, left-right
8 Sway hip to left making ¼ turn to left

R chase turn (prep), ¾ turn, rock-recover, step-kick, step-kick

- 1&2 Make a right chase turn stepping forward on right, ½ turn over left shoulder stepping left in place, step forward on right (prepping for reverse turn)
3&4 Make a ¾ turn over right shoulder, turn ½ stepping back on left, ¼ turn stepping right to right side, cross left over right
5-6 Rock right diagonally forward to right, recover on left
7 Step back on right and make a small kick forward with left
8 Step back on left and make a small kick forward with right

TAG: There is a 16 count tag after wall 1 and 3

Out-out, hold, bod yroll, kick, step, touch, twist X2

- 1& Step right to right side, step left to left side
2 Hold
3-4 Make a body roll angling body diagonally left and moving weight onto right foot
5& kick left forward, step left forward
6 Touch right next to right
7-8 Twist right knee to right twice turning body out of diagonal position

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RESTART: In wall 6 you dance the first 16 counts and start over

Also after wall 8 the music fades out, keep dancing! It will be back!

Hope you like it girls! ;)

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