

This Is How

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Count: 48 **Wall:** 4 **Level:** Intermediate

Choreographer: Monique Laenen (Oct 2014)

Music: "This Is How We Do" - Katy Perry

Intro: 8 counts

Step R, Step L, Mambo R, Traveling Full Turn L Back (optional 2 Steps Back), Coasterstep

1,2step rightfoot forward, step leftfoot forward

3&4step rightfoot forward, put weight back on leftfoot, step rightfoot back

5,6 $\frac{1}{2}$ turn left, leftfoot forward, $\frac{1}{2}$ turn left, rightfoot back

7&8step leftfoot back,step rightfoot beside leftfoot, step leftfoot forward

Step R $\frac{1}{4}$ Turn L (2X), Cross and Heel, Step Back R, Point L Forward, Step L Back, Point R Forward

1,2,step rightfoot forward, $\frac{1}{4}$ turn left

3,4step rightfoot forward, $\frac{1}{4}$ turn left

5&6cross rightfoot over leftfoot, step leftfoot to leftside with right heel diagonal to the right

&7&8step rightfoot back with lefttoe touch forward, step leftfoot back with righttoe touch forward

Big Step R, Drag L to R, Tripple Step R Forward, Big Step L with $\frac{1}{4}$ turn R, Drag R to L, Triple Step L Forward

1,2step rightfoot to rightside, drag leftfoot beside rightfoot, weight on leftfoot

3&4step rightfoot forward, step leftfoot behind rightfoot, step rightfoot forward

5,6step leftfoot with $\frac{1}{4}$ turn right to the left side, drag rightfoot beside leftfoot, weight rightfoot

7&8step leftfoot forward, step rightfoot behind leftfoot, step leftfoot forward

Rockstep R, Triple Full Turn R, Rockstep L, Triple ½ turn Left

1,2step rightfoot forward, put weight back on leftfoot

3&4step rightfoot ½ turn right, step leftfoot beside rightfoot, step rightfoot ½ turn right

5,6step leftfoot forward, put weight back on rightfoot

7&8step leftfoot forward with ½ turn left, step rightfoot behind leftfoot, step leftfoot forward

Restart here on wall 2 and 5

Cross R, Point L, Cross L, Point R, Touch R behind L, ½ turn R, Triple Step R forward

1,2cross rightfoot over leftfoot, point leftfoot to the left

3,4cross leftfoot over rightfoot, point rightfoot to the right

5,6touch rightfoot toe behind leftfoot, ½ turn right with weight on leftfoot

7&8step rightfoot forward, step leftfoot behind rightfoot, step rightfoot forward

Rockstep L, Left Hipbump, Rockstep R, ½ turn Right, Step L

1,2step leftfoot forward, put weight back on rightfoot

3&4push hip forward on ball of leftfoot, weight back on rightfoot, full weight on leftfoot

5,6step rightfoot forward, put weight back on leftfoot

7,8step rightfoot forward with ½ turn right, step leftfoot forward

Start Again.

Restart dance after 32 counts on wall 2 and 5

Keep on dancing when the music fades she will call the beat back.

Last wall after 48 counts turn your face ¼ to the Right with an attitude.

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