

This Is How We Do It

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Cody Flowers – Oct. 2015

Music: This Is How We Do It by Montell Jordan

(1-8) Rock-Recover- $\frac{1}{2}$, $\frac{1}{4}$ Step, Sailor, Skate (2x), Rock-Recover- $\frac{1}{2}$

- 1&2** Rock forward on LF, Recover on RF, Make $\frac{1}{2}$ Turn left (6:00) stepping forward on LF
- 3** Make $\frac{1}{4}$ Turn left (3:00) stepping RF to right side
- 4&5** Step LF behind RF, Step RF to right side, Skate LF to front
- 6** Skate forward on RF
- 7&8** Rock forward on LF, Recover on RF, Make $\frac{1}{2}$ Turn left (9:00) stepping forward on LF

(9-16) $\frac{1}{4}$, Hip Roll (x2), Ball Cross, $\frac{1}{4}$, $\frac{1}{4}$, Side, Together, Side, Together, Side

- 1 2** Keep the momentum going by rolling your hips around counter clockwise to the right side making a $\frac{1}{4}$ Turn left (6:00) putting weight on your RF
- 3 4** Roll hips clockwise around to left side putting weight on LF, Kick RF forward
- &5&6** Step RF beside LF, Cross LF over RF, Make $\frac{1}{4}$ Turn left (3:00) stepping back on RF
- 7&8&** Make $\frac{1}{4}$ Turn left (12:00) stepping LF to left side, Step RF beside LF, Step LF to left side, Step RF beside LF

(17-24) Rock-Recover, Sweep, Behind, Heel, Ball Cross, $\frac{1}{4}$, Coaster

- 1&2** Rock forward on LF, Recover weight on RF, Step LF behind RF sweeping RF from front to back
- 3&4** Step RF behind LF, Step LF to left side, Kick right heel out
- &5&6** Step RF beside LF, Cross LF over RF, Make $\frac{1}{4}$ Turn left (9:00) stepping back on RF
- 7&8** Step back on LF, Step RF beside LF, Step forward on LF

(25-32) Scuff, Hitch, Step, $\frac{1}{4}$ Swivels, Sailor, $\frac{1}{4}$ Coaster

- 1&2** Scuff right heel forward, Hitch right knee up, Step RF forward
- 3&4** Swivel RF and LF at same time, heels right, heels left, heels right while making $\frac{1}{4}$ Turn left (6:00)
- 5&6** Step LF behind RF. Step RF to right side, Step LF beside RF
- 7&8** Make $\frac{1}{4}$ Turn right (9:00) stepping RF behind LF, Step LF beside RF, Step RF forward

