

THIS is how WE do!

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Stine Emilie Nøding Hansen, Oct 2013

Music: "This is how we do" by Katy Perry (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 $\frac{3}{4}$ turn over right shoulder, turn $\frac{1}{2}$ stepping back on left, $\frac{1}{4}$ 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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