

This Is How We Do It

Count: 32

Wall: 4

Level: Novice

Choreographer: Daniel Trepap (NL) & Nisrine Sadqi - March 2005

Music: This Is How We Do It, by Mis-Teeq

Clap, hitch, step and clap, 1/4 turn right, 3/4 turn right, 1/4 turn right, point, step, 1/4 turn left.

- 1 Clap
- & RF Hitch
- 2 RF Put RF down and clap
- 3 LF 1/4 turn right en step to left side
- 4 RF 3/4 turn right en step forward
- 5 LF 1/4 turn right en step to left side
- 6 RF Point diagonally behind LF
- 7 RF Step forward
- 8 LF+RF Make 1/4 turn left

Hitch and hitch with arm movements, hitch, step left, 1/4 turn left x3.

- 1 LF Hitch, bring your R.elbow to your L.knee
- & LF Put LF down
- 2 RF Hitch, bring your L.elbow to your R.knee
- & RF Put RF down
- 3 & Turn your right wrist around
- 4 LF Hitch L.knee in front of R.leg, move both stretched arms to the left
- 5 LF Step to the left side
- 6 RF Turn 1/4 left and step to right side
- 7 LF Turn 1/4 left and step to the left side
- 8 RF Turn 1/4 left and step to the right side

3/4 turn left, step fwd, heel grind, 1/4 turn left, side step, swivels left and right.

- 1 LF Make on RF 3/4 turn left en step with LF forward
- 2 RF Step forward
- 3 LF Heel grind forward
- & RF Step 1/4 turn left
- 4 LF Step to the left side
- 5 RF+LF Swivel toes to the left
- & RF+LF Swivel toes back
- 6 RF+LF Swivel toes to the right
- & RF+LF Swivel toes back
- 7 RF+LF Swivel toes to the left
- & RF+LF Swivel toes back
- 8 RF+LF Swivel toes to the right
- & RF+LF Swivel toes back , weight on right

Sailor step, cross behind, 1/2 turn with sweep, cross and cross, and cross, touch.

- 1 LF Cross behind RF
- & RF Small step to the right
- 2 LF Small step to the left
- 3 RF Cross behind
- 4 LF Make on RF 1/2 turn right en sweep LF from back to front
- 5 LF Cross over
- & RF Step together
- 6 LF Cross over
- & RF Step together
- 7 LF Cross over
- 8 RF Touch next to LF.

Styling: During count 5 till 8

The man: L.arm stretched in front and turn your arm clockwise around

The ladies: R.arm stretched in front and turn your arm counterclockwise around