

# This Is How We Do It

Choreographer: Daniel Trepap and Nisrine Sadqi  
Level: Novice  
4 Wall line dance - Funky  
Counts: 32 counts  
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