

This is How

Choreographers: **D-Unit M&M**

Music: This is how we do it, 50 Cents Ft The game

Dance: 2 wall funky intermediate line dance

1/4 turn, bodyroll,1/4 turn, coaster step , walk,walk

1 Point right finger forward, arm fully stretched

2 Pull Rf next to Lf,LF to left side point lf backwards, turn 1/4 over right shoulder, fists crossed in front of hips(facing 9.00)

3 Body roll downwards

4 Step Rf back turn 1/4 left, hitch lf (facing 12.00 again)

5 Step Lf backwards

& Step rf next to Lf

6 Step Lf forwards

& Pull up Right knee whilst doing this pull up right arm fist right hand up to hip, push down left arm fist left hand)

7 Walk Rf forward(Push down right arm fist right hand , pull up Left arm fist Left hand up to hip

& pull up right arm fist right hand up to hip, push down left arm fist left hand)

8 Walk Lf forward(ending crossed over Rf)Push down right arm fist right hand , pull up Left arm fist Left hand up to hip

& Arms upwards and outwards elbows up to shoulders underarms upwards(angle arms 45 degrees)

1/2 turn, out out, 1/4 turn body roll

1 1/4 turn over right shoulder(facing 3.00)

2 1/4 turn over right shoulder(facing 6.00)

3 Step Rf to right side(Left arm in front of body, right arm stretched out forward resting on palm of Left arm)

4 step Lf to left side(Right arm in front of body, left arm stretched out forward resting on palm of right arm)

5 Bring Right hand to left shoulder dust of left shoulder

6 Right hand dust of left shoulder

7 Start body roll downwards

8 Finish body roll with turn 1/4 to left(facing 3.00)

kick, cross, 3/4 turn point, hitch

1 kick Rf forward(travelling forward with little jump)

& 1/4 turn left cross Lf behind Rf(face still 3.00, body 12.00)

2 3/4 turn over left shoulder(facing 3.00)

3 point Rf to right side

& Pull Rf next to Lf

4 point Lf to Left side

& hitch up Lf slightly crossed right

5 Scuff Lf to left side

6 Step Lf next to Rf

7 point Rf forwards(Move right arm outwards and upwards over your head, left arm moving outwards and downwards ending in front of body)

8 Point Rf backwards(Move left arm outwards and upwards over you head, right arm moving outwards and downwards ending in front of body)

1/4 turn, 1/4 turn, hitch, slide body roll forwards

1 Rf step forwards(right hand on left shoulder)

& Hitch up Lf turning 1/4 to right(right hand on right shoulder)(facing 6.00)

2 Step Lf to left side(right arm hanging next to body, left arm on back)

3 Swing right arm to left side clapping hands, turning upper body to 3.00

4 Hitch up right knee(1/4 turn left facing 3.00)(stretch left arm pointing downwards, right arm up like shooting an Bow and arrow)

5 Big slide backwards on Rf left arm on right shoulder pushing right arm forwards with palm open

6 turn 1/4 right arms next to body(facing 6.00)

7 Rf Big step forwards start body roll(hands forwards like climbing stairs)

8 Step Lf to left side finish body roll(hands move downwards towards begin position)