

## This Is How It Goes Down!

64 Count, 4 Wall, Intermediate

Choreographer: Rebecca Tucker "The Viking Princess" Aged 9  
(UK) March 2013Choreographed to: This Is How It Goes Down by Pink,  
CD: Funhouse (iTunes)

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32 count intro

**1 CROSS SIDE BACK AND HEEL, AND CROSS SIDE SAILOR 1/4 TURN**

1,2,3&amp;4&amp; Cross right over left, step to left side, step back on right, close left next to right, dig right heel forward, close right next to left

5,6,7&amp;8 Cross left over right, step to right side, sweep left behind right whilst making a 1/4 turn to the left, step back on to left, replace weight on right, step slightly forward on right. (facing 9oclock)

**2 TWO 1/2 MONTEREY TURNS (POINT TURN, POINT CLOSE, POINT TURN, POINT, CLOSE)**

1,2,3,4 Point right to right side, pivot on ball of left foot making a 1/2 turn right, close right next to left, point left to left side (facing 3 oclock) close left next to right.

5,6,7,8 Repeat previous four counts (facing 9 oclock)

**3 FORWARD ROCK, RECOVER, SHUFFLE BACK, SHUFFLE BACK. BACK ROCK, RECOVER**

1,2,3&amp;4 Rock forward on right, recover on left, shuffle back stepping right, left right,

5&amp;6,7,8 Shuffle back stepping left, right, left, rock back on the right, recover on left.

**4 SHUFFLE FORWARD, SHUFFLE FORWARD, FORWARD ROCK, RECOVER, FULL TURN (BACKWARDS.TURNING RIGHT)**

1&amp;2, 3&amp;4 Shuffle forwards stepping right, left, right, shuffle forwards stepping left, right, left

5,6,7,8 Rock forwards on right, recover on left, make a 1/2 turn right stepping forwards on the right, make another 1/2 turn stepping back on the left. (facing 9 o'clock)

(EASIER OPTION: forward rock, make a 1/2 turn right then step forward on left)

(Note: count one of the next section will make a further 1/2 turn right straight into a toe strut (at which point you will be facing 3)

**5 1/2 TURNING TOE STRUT, TOE STRUT, TOE STRUT, TOE STRUT**

1,2,3,4 Make a 1/2 turn right place weight on right toe, lower heel, (facing 3 oclock) put left toe forward, lower heel.

5,6,7,8 (two more toes struts forward) place right toe forward, lower heel, place left toe forward, lower heel.

**6 ROCKING CHAIR, KICK TURN POINT, KICK BALL POINT.**

1,2,3,4 Rock forward onto right, recover on left, rock back on right, recover on left.

5&amp;6, 7&amp;8 Kick right forward, recover weight on right whilst making a 1/4 turn right (to face 6 oclock), point left out to left side. Kick left forward, recover on left, point right out to right side.

**7 TWO 1/4 TURNING RIGHT JAZZ BOXES**

1,2,3,4 Cross right over left, step back on left, step right to right side whilst making a 1/4 turn right, step left slightly forward.

5,6,7,8 Repeat last four counts (facing 12 oclock wall)

**8 FORWARD ROCK, TURN ROCK, ROLLING BACKWARDS TURN (Making 1 1/2 turn)**

1,2,3,4 Rock forward onto right, recover on left, rock forward onto right whilst making a 1/4 turn right (facing 3 oclock) recover weight on left.

5,6,7,8 Make a 1/2 turn right over right shoulder stepping forward onto right, make another 1/2 turn right stepping back on left and a further 1/2 turn right stepping forward on right, step forward on left!

(Easier option: make a 1/2 turn right and walk forwards left, right, left)

**TAG: END OF WALL FIVE:****TOE AND HEEL AND HEEL AND TOE AND...**(facing 9 oclock wall)

1&amp;2&amp;3&amp;4&amp; Point right toe to right side, close right next to left, dig left heel forward, close left next to right, dig right heel forward, close right next to left, point left toe to left side, close left next to right.