

# Slave To The Habit

**Count:** 48

**Wall:** 4

**Level:** Improver

**Choreographer:** Christopher D. Westrick (USA)

**Music:** Slave to the Habit - Shane Minor



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## RIGHT SHUFFLE, SYNCOPATED CROSS, ROCK STEP, TURN

- 1&2 Step right foot to right, bring left up behind, step right foot to right  
3&4 Step left foot behind the right, step right next to left, cross left over right  
5-6 Step right foot to the right, shift weight back onto the left  
7-8 On left foot turn  $\frac{1}{2}$  to the left, bring left foot together put weight on it

## RIGHT SHUFFLE, SYNCOPATED CROSS, ROCK STEP, TURN

- 9-16 Repeat steps 1-8

## SHUFFLES FORWARD, ROCK STEP, SHUFFLE TURN

- 17&18 Step right foot forward, bring left up behind, step right foot forward  
19&20 Step left foot forward, bring right up behind, step left foot forward  
21-22 Step forward on right foot, shift weight back onto the left  
23&24 Step right, left, right as you turn  $\frac{1}{2}$  back to your right

## SHUFFLES FORWARD, ROCK STEP, SHUFFLE TURN

- 25&26 Step left foot forward, bring right up behind, step left foot forward  
27&28 Step right foot forward, bring left up behind, step right foot forward  
29-30 Step forward on left foot, shift weight back onto the right  
31&32 Step left, right, left as you turn  $\frac{1}{2}$  back to your left

## STEP TURN, HIP ROLLS

- 33-34 Step right foot forward, turn  $\frac{1}{4}$  to left  
35-36 Roll hips from left to right  
37-40 Repeat steps 33-36

## HOPS

- 41-42 Hop forward to right, hop to left  
43&44 Hop 3 times to the right, turn  $\frac{1}{4}$  back to the left as you hop(all hops move the same direction)  
45-46 Repeat 41-42  
47&48 Hop and spread feet apart, hop and cross feet, hop and spread feet apart

## REPEAT

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