

Kick The Habit (6/04/2022)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Todd Lescarbeau (USA) & Staci Lescarbeau (USA) - 4 June 2022
音乐: Kick - Def Leppard : (Album: Diamond Star Halos)



#32 count intro. Start with vocals.

Section 1 (of 8) [1 – 8] STEP, KICK, STEP, KICK, STEP, KICK, SIDE CHASSE (LRL)

1, 2 With wt. On L, Step R to side, Kick L foot forward and across R.
3, 4 Step L foot to side, Kick R foot forward and across L.
5, 6 Step R to side, Kick L foot forward and across R.
7&8 Step L to side, step R beside L, Step L to side.

Section 2 [9 – 16] ROCK BACK, RECOVER, ¼ TURN SHUFFLE, KNEE POPS, SHUFFLE FORWARD

1, 2 Rock back on R angling body to face 2:00), Recover forward onto L.
3&4 Turn 1/8 right to face (3:00) as you shuffle RLR forward.
5, 6 Step forward on L while popping R knee forward. Step forward on R while popping L knee forward.
7&8 Shuffle forward LRL.

*****Restart here on third repetition(wall 3)*****

Section 3 [17 – 24] ¼ PIVOT TURN, CROSSING SHUFFLE, ¼ TURN, ¼ TURN, CROSSING SHUFFLE

1, 2, Step forward on R, Pivot ¼ L(wt. On L). (12:00)
3&4 Cross step R over L, L step to side, Cross step R over L.
5, 6 Turn ¼ R stepping back on L (3:00), Turn ¼ R stepping R to side (6:00).
7&8 Cross Step L over R, R step to side, Cross step L over R.

Section 4 [25 – 32] SIDE TOUCHES WITH HOLDS, HEEL SWITCHES, ¼ PIVOT

1, 2& Touch R toe to side, Hold, Quickly step R beside L.
3, 4& Touch L toe to side, Hold, Quickly step L beside R.
5&,6& Tap R heel forward, Quickly step R beside L, Tap L heel forward, Quickly step L beside R.
7, 8 Step forward on R, Pivot ¼ turn L (wt. On L) (3:00)

Section 5 [33 – 40] HIP BUMPS, ROCKING CHAIR

1&2 Step forward on R bumping hips forward, bump hips back, bump hips forward
3&4 Step forward on L bumping hips forward, bump hips back, bump hips forward
5, 6 Rock forward on R, Recover back onto L.
7, 8 Rock back on R, Recover onto L. (3:00)

Section 6 [41 – 48] ½ PIVOT TURN, HOPS FORWARD, BACK, KNEE ROLLS

1, 2 Step forward on R, Turn ½ to L (wt. On L) (9:00).
&3, 4 Make a small hop forward landing RL, Hold.
&5, 6 Small hop back landing RL, Hold ***optional snaps or claps on holds.***
7, 8 Roll R knee clockwise (7), Roll L knee counterclockwise (8).

Section 7 [49 – 56] TOE-STRUTS MOVING FORWARD, TURNING JAZZ BOX

1, 2 Step forward on ball of R, Drop heel.
3, 4 Step forward on ball of L, Drop heel. (9:00)
5-8 Cross step R over L, Step back on L, Turn ¼ R stepping side R on R, Step L together (12:00).

Section 8 [57-64] TURNING JAZZ BOX, ½ MONTERAY TURN

1 - 4 Cross step R over L, Step back on L, Turn ¼ R stepping side R on R, Step L together (3:00).

5, 6 Touch R toe out to side, Turn $\frac{1}{2}$ R while stepping R beside L.
7, 8 Touch L toe out to side. Step L beside R.

End of dance start again - enjoy!
