

# Kick The Habit (6/04/2022)

**COPPER** KNOB  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
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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!**

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