

Kicking The Habit

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Al Ord (UK)
音乐: Ten Rounds With Jose Cuervo - Tracy Byrd



KICK BALL CROSS TWICE, ROCK RECOVER, CROSS SHUFFLE

1&2-3&4 Right kick ball cross, right kick ball cross
5-6-7&8 Side rock right, recover left, cross shuffle right over left

KICK BALL CROSS TWICE, ROCK, RECOVER, CROSS SHUFFLE

9&10-11&12 Left kick ball cross, left kick ball cross
13-14-15&16 Side rock left, recover right, cross shuffle left over right

ROLLING VINE RIGHT (FULL TURN LEFT) SIDE RIGHT TOUCH LEFT

17-18-19-20 Traveling right - step right turning ½ turn left, step left turning further ½ turn left, step right to right side, touch left beside right

SIDE, TOGETHER, SIDE, TOUCH

21-22-23-24 Traveling left step left to left side, slide right next to left, step left to left side touch right beside left

ROLLING VINE RIGHT (FULL TURN RIGHT)

25-26-27-28 Traveling right, step right turning ½ turn right, step left turning further ½ turn right, step right to right side touch left beside right

SIDE TOGETHER SIDE ¼ TURN SCUFF RIGHT

29-30-31-32 Step left to left side, slide right next to left, step left making ¼ turn left, scuff right past left

DIAGONAL RIGHT STEP LOCK SHUFFLE

33-34-35&36 To right diagonal - step right, lock left behind right, right shuffle step, lock

DIAGONAL LEFT STEP LOCK SHUFFLE

37-38-39&40 To left diagonal - step left, lock right behind left, left shuffle step lock

FORWARD ROCK RECOVER SHUFFLE ½ TURN BACK

41-42-43&44 Rock forward right, recover back onto left, traveling backwards - triple ½ turn shuffle

RIGHT-LEFT-RIGHT SHUFFLE ½ TURN, SHUFFLE ½ TURN

45&46-47&48 Continuing to travel backwards, - triple ½ turn shuffle left-right-left, triple ½ turn shuffle right-left-right

FORWARD ROCK, RECOVER, SHUFFLE ½ TURN

49-50-51&52 Rock forward on left, recover back onto right, triple ½ turn shuffle back left right left

STEP, PIVOT, SHUFFLE ½ TURN

53-54-55&56 Step forward right, pivot ½ turn left, triple ½ turn shuffle

BACK ROCK, RECOVER LEFT SHUFFLE

57-58-59&60 Rock back onto left, recover onto right, left shuffle forward

RIGHT SHUFFLE, LEFT SHUFFLE

61&61-63&64 Right shuffle forward, left shuffle forward

REPEAT
