

# Out Of Habit

**COPPERKNOB**  
BY STEPHEN METELNICK

拍数: 0                      墙数: 2                      级数:  
编舞者: Peter Metelnick (UK)  
音乐: Out of Habit - BR5-49



Sequence: A(9-32), AAA, BBB, AAA, ENDING

Start the dance facing the 3:00 wall, on the 9th count of the dance. In other words, start with the vine right with the 1/2 right turn.

## PART A (VOCAL SECTION)

### RIGHT & LEFT SIDE TOUCHES WITH ¼ RIGHT & CLICKS

- 1-2                      Step right foot to right side & swing both arms to right side, touch left toes together & click fingers on both hands (or clap hands)
- 3-4                      Step left foot to left side & swing both arms to left side, touch right toes together & click fingers on both hands (or clap hands)
- 5-6                      Turn ¼ right and step right foot to right side (& swing both arms to right side), touch left toes together & click fingers on both hands (or clap hands) (now facing right side wall)
- 7-8                      Repeat 3-4

### VINE RIGHT WITH ½ RIGHT, SWIVEL HEEL-TOES-HEELS, HOLD & CLAP

- 1-4                      Step right foot to right side, cross step left foot behind right, step right foot to right side turning ½ right, step left foot slightly to left side (feet should end fairly close together. Weight on both feet. Now facing left side wall)
- 5-8                      Swivel both heels left, swivel both toes left, swivel both heels to center (to face side wall), hold & clap

### ¼ RIGHT MONTEREY TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, KICK LEFT FORWARD

- 1-2                      Touch right toes to right side, pivot ¼ right on left foot and step right foot together (now facing front wall)
- 3-4                      Touch left toes to left side, step left foot together
- 5-8                      Step right foot forward, pivot ½ left, step right foot forward, kick left foot forward (now facing back wall)

### LEFT TO LEFT, HOLD FOR 3 WITH ATTITUDE!, BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

- 1-4                      Step left foot to left side, hold for 3 counts with attitude!
- 5-7                      Bump hips right, left, right
- 8                        Bump hips left and touch right toes together (weight ends on left foot)

## PART B (INSTRUMENTAL SECTION)

### RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, VINE LEFT WITH ½ LEFT

- 1&2                      Step right foot to right side, step left foot together, step right foot to right side
- 3-4                      Step left foot back and rock back, recover weight on right foot
- 5-8                      Step left foot to left side, cross step right foot behind left, step left foot to left side turning ½ left, scuff right foot forward (now facing back wall)

### RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, VINE LEFT WITH ¼ LEFT

- 1&2                      Step right foot to right side, step left foot together, step right foot to right side
- 3-4                      Step left foot back and rock back, recover weight on right foot
- 5-8                      Step left foot to left side, cross step right foot behind left, step left foot to left side turning ¼ left, scuff right foot forward (now facing right side wall)

**RIGHT & LEFT FORWARD STEP TOUCHES WITH CLAPS, RIGHT BACK & HOLD, LEFT BACK COASTER STEP**

- 1-4 On a right diagonal step right foot forward, touch left toes together & clap, on a left diagonal step left foot forward, touch right toes together & clap
- Alternate steps for 1-4: on a right diagonal step right foot forward, hold & clap, on a left diagonal step left foot forward, hold & clap**
- 5-6 Step right foot back, hold
- 7&8 Step left foot back, step right foot together, step left foot forward

**RIGHT & LEFT FORWARD STEP TOUCHES WITH CLAPS, RIGHT BACK & HOLD, LEFT BACK COASTER STEP**

- 1-8 Repeat above 8 counts (17-24)

**RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE**

- 1-2 Step right foot forward, pivot ½ left
- 3&4 Step right foot forward, step left foot together, step right foot forward
- Alternate steps for 3-4: step right foot forward, hold**
- 5-6 Step left foot forward, pivot ½ right
- 7&8 Step left foot forward, step right foot together, step left foot forward
- Alternate steps for 7-8: step left foot forward, hold**
- Now facing right side wall**

**4 PADDLE TURNS COMPLETING ¾ TURN LEFT**

- 1-8 Step right foot forward, pivot turn pushing right hip out-repeat 4x turning ¾ left to end facing back wall (optional hand movements -swing arms to the right, click fingers and swing arms left-repeat 4x)

**ENDING**

Music will start to slow down when you are facing forward for the last time (on the break) as you step left foot to left side & hold for 3. Bump hips right, left, right as you hear the lyrics "habit of mine", cross right foot over left & unwind a full turn left (the big finish) & end facing forward

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