

# Out Of Habit

**COPPER** **KNOB**  
STEPSHETS

拍数: 32      墙数: 2  
编舞者: Daniel Trepát (NL)  
音乐: Out If Habit - BR5-49

级数: Beginner



**Restart: Dance  
wall 4 until  
count 16, then  
start again.**

**Shuffle ½ turn,  
shuffle  
backwards, side  
shuffle to right,  
side shuffle to  
left.**

1 RF Step  
forward, 1/4 turn  
left  
& LF Step  
together  
2 RF Step  
backwards, 1/4  
turn left  
3 LF Step  
backwards  
& RF Step  
together  
4 LF Step  
backwards  
5 RF Step to the  
right  
& LF Step  
together  
6 RF Step to the  
right  
7 LF Step to the  
left  
& RF Step  
together  
8 LF Step to the  
left

**Kick forward,  
kick with ¼ turn  
right,  
coasterstep,  
kick forward,  
kick with ¼ turn,  
coasterstep.**

1 RF Kick  
forward  
2 RF Turn ¼  
right on LF and  
kick forward

3 RF Step  
backwards  
& LF Step  
together  
4 RF Step  
forward  
5 LF Kick  
forward  
6 LF Turn  $\frac{1}{4}$  left  
on RF and kick  
forward  
7 LF Step  
backwards  
& RF Step  
together  
8 LF Step  
forward

**Kicks forward,  
boogie walks,  
touch.**

1 RF Kick  
forward  
2 RF Step  
together  
3 LF Kick  
forward  
4 LF Step  
together  
5 RF Step  
forward, hold  
your knee  
against your  
L.knee  
6 LF Step  
forward, hold  
your knee  
against your  
R.knee  
7 RF Step  
forward, hold  
your knee  
against your  
L.knee  
8 LF Touch next  
to RF

**Big step left,  
slide, dixie kick  
forward, low  
kick  
backwards.**

1 LF Big step to  
the left  
2-3-4 RF Slide  
till next to LF,  
without weight  
5 RF Kick right  
heel forward  
6 Hold

7 RF Low kick  
backwards  
8 Hold

**Start over  
again.**

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