

Kick the Habit

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ryan Hunt (UK) - November 2013
音乐: Kick up Your Heels (feat. Pitbull) - Jessica Mauboy : (Album: Beautiful)



Intro: 16 counts (7 Seconds)

S1: STEP FORWARD, KICK, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1-2 Step forward on L, Kick R forward
3&4 Step back on R, Close L next to R, Step forward on R
5-6 Rock forward on L, Recover on R
7&8 Make ¼ turn L stepping L to L side, Step R next to L, Make ¼ turn L stepping forward on L (6.00)

S2: JAZZ BOX WITH CROSS, SIDE MAMBO, & SIDE ROCK, STEP TOGETHER

1-2 Cross R over L, Step back on L
3-4 Step R slightly to R side, Cross L over R
5&6 Rock R out to R side, Recover on L, Step R next to L
&7-8 Quickly Rock L out to L side, Recover on R, Step L next to R (6.00)

S3: HEEL GRIND ¼ TURN, TWO WALKS BACK, ¼ POINT, ¼ FORWARD, ½ BACK, ¼ SIDE

1-2 Dig R heel forward, Grind R heel moving toes from L to R as you make ¼ turn R stepping back on L (9.00)
3-4 Step back on R, Step back on L
&5 Make ¼ turn R stepping R slightly to R side, Point L toes to L side (12.00)
6-7-8 Make ¼ turn L stepping L forward, make ½ turn L stepping back on R, make ¼ turn L stepping L to L side (12.00)

S4: CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR HEEL, & CROSS BALL HELL

1&2 Cross R over L, Step L slightly to L side, Cross R over L
3-4 Rock L out to L side, Recover on R
5&6 Cross L behind R, Step R slightly to R side, Dig L heel to L diagonal
&7&8 Step L in place, Cross R over L, Step L slightly to L side, Dig R heel to R diagonal (12.00)

S5: & CROSS, SIDE, BEHIND, SIDE, DIAGONAL ROCK FORWARD, RECOVER, DIAGONAL ROCK BACK, RECOVER

&1-2 Step R in place, Cross L over R, Step R to R side
3-4 Cross L behind R, Step R to R side
5-6 Make 1/8 turn R as you rock forward on L, Recover back on R (1.30)
7-8 Rock back on L, Recover forward on R (1.30)

S6: STEP FORWARD, HITCH 3/8 TURN, SHUFFLE FORWARD, ROCKING CHAIR, STEP FORWARD, TOUCH BEHIND

1-2 Step forward on L into R diagonal, Make 3/8 turn L as you hitch R knee (9.00)
3&4 Step R forward, Close L next to R, Step R forward
5&6&& Rock forward on L, Recover on R, Rock back on L, Recover on R
7-8 Step forward on L, touch R toes behind L heel (9.00)

S7: SHUFFLE BACK, SHUFFLE ½ TURN, PADDLE ¼ TURN, PADDLE ¼ TURN

1&2 Step back on R, Close L next to R, Step back on R
3&4 Make ¼ turn L stepping L to L side, Close R next to L, Make ¼ turn L stepping forward on L (3.00)
5-6 Step forward on R, Pivot ¼ turn L taking weight onto L (12.00)

7-8 Step forward on R, Pivot $\frac{1}{4}$ turn L taking weight onto L (9.00)

S8: CROSS OVER, STEP SIDE, DRAG UP, BALL CROSS, BALL CROSS, STEP SIDE, TOUCHES WITH KNEE POPS

1-2 Cross R over L, Step L a big step to L side

3&4 Drag R foot up to L, Step R next to L, Cross L over R

&5-6 Step R next to L, Cross L over R, Step R to R side

7&8& Touch L next to R as you pop L knee across R, Step L in place, Touch R next to L as you pop R knee across L, Step R in place

Add the following 2 count Tag after wall 5 (facing 9.00) and then Start wall 6 (facing 3.00)

TS1 STEP FORWARD, PIVOT $\frac{1}{2}$ TURN

1-2 Step forward on L, Make $\frac{1}{2}$ turn R taking weight onto R
