

Kick The Habit

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Angie Shirley (UK)
音樂: Out of Habit - BR5-49



LEFT SWIVEL STEPS WITH RIGHT TOE, HEEL TOUCHES,(DWIGHTS) HOP, HOP

- 1 Touch right toe to right side, bending right knee into left leg & at same time swivel left toes 45 degrees left
- 2 Touch right heel to right side at 45 degree angle & at same time swivel on heel of left foot pointing left toes to right at 45 degrees
- 3-4 Repeat steps 1-2
- 5 Repeat step 1
- 6 Scuff right foot forward
- 7-8 Cross step right foot over left and hop back on right foot, hop back on right foot

ROLLING VINE LEFT WITH ¼ TURN, TOUCH

- 9-12 Step left foot ¼ turn left, step forward on right foot making ½ turn left on balls of both feet, step back on left foot making ½ turn left, touch right foot next to left, (you should now be facing left of original wall)

KICK & CROSS, ROCK OUT, CLICK (RIGHTLEFT)

- 13&14 Kick right foot forward, step right foot in place, cross step left foot over right
- 15-16 Rock out to right side on right foot, (bending body over to right), click fingers of both hands to the left
- 17&18 Kick left foot forward, step left foot in place, cross step right foot over left
- 19-20 Rock out to left side on left foot (bending body over to left), click fingers of both hands to the right

BACK, CLAP, BACK, CLAP

- &21-22 Step back & slightly out on right foot, step back & slightly out on left foot, clap hands
- &23-24 Step back & slightly out on right foot, step back & slightly out on left foot, clap hands

VINE RIGHT WITH ½ TURN RIGHT, CROSS SHUFFLE, STEP, STOMP

- 25-28 Step right foot to right side, cross step left foot behind right, step right foot to right side making ¼ turn right, scuff left foot forward and swivel ¼ turn right on ball of right foot
- 29&30 Cross step left foot over right, step right foot to right side, cross step left foot over right
- 31-32 Step right foot to right side, stomp left foot next to right, (weight on left foot)

REPEAT
