

Out Of Habit

拍數: 48 牆數: 0 級數:
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音樂: Lucky In Love - Sherrié Austin



KNEE SWIVEL WALKS

- 1-2 Step to right on ball of right toe, knee is out to right, drop right heel down
- 3-4 Repeat on left
- 5-8 Walk forward on ball of right-left-right-left, knees are bent and out to the side

STEP HEEL, STEP HEEL 4X

- 1 Step back on right foot
- 2 Bring left heel forward
- 3 Step back on left
- 4 Bring right heel forward
- 5-8 Repeat above

SHOWBIZ CROSS STEPS TRAVELING LEFT

- 1 Cross right over left (right heel is pointed toward left foot, right arm crosses over left)
- 2 Step to left on left as right heel swings right (arms come apart at waist level)
- 3-4 Repeat above
- 5-6 Repeat above
- 7-8 Cross right over left, kick left foot to left side (low kick)
- 1-8 Repeat above 8 counts beginning with left over right and traveling to the right

"COOL" STEP SNAPS WITH ½ TURN "LOOKS"

- 1 Step forward on right
- 2 Bring left toe next to right instep and snap right fingers
- 3 Step back on left
- 4 Bring right toe next to left instep and snap
- 5 Step and look ½ turn to right (looking at 6:00)
- 6 Step left next to right (snap fingers)
- 7 Step forward on left and look ½ turn to the left (face 12:00)
- 8 Touch right foot next to left instep and snap

"COOL" WALK AROUND ¾ TURN LEFT

- 1 Step forward on right
- 2 Hold and clap
- 3 Step forward on left turning ¼ left
- 4 Hold and clap
- 5 Step forward on right ¼ turn to left
- 6 Hold and clap
- 7 Step forward on left ¼ to left
- 8 Hold and clap (above 8 is done in a continuous walking motion)

REPEAT