

Slave To The Habit

拍數: 48 牆數: 4 級數: Improver
編舞者: Christopher D. Westrick (USA)
音樂: Slave to the Habit - Shane Minor



RIGHT SHUFFLE, SYNCOPATED CROSS, ROCK STEP, TURN

1&2 Step right foot to right, bring left up behind, step right foot to right
3&4 Step left foot behind the right, step right next to left, cross left over right
5-6 Step right foot to the right, shift weight back onto the left
7-8 On left foot turn $\frac{1}{2}$ to the left, bring left foot together put weight on it

RIGHT SHUFFLE, SYNCOPATED CROSS, ROCK STEP, TURN

9-16 Repeat steps 1-8

SHUFFLES FORWARD, ROCK STEP, SHUFFLE TURN

17&18 Step right foot forward, bring left up behind, step right foot forward
19&20 Step left foot forward, bring right up behind, step left foot forward
21-22 Step forward on right foot, shift weight back onto the left
23&24 Step right, left, right as you turn $\frac{1}{2}$ back to your right

SHUFFLES FORWARD, ROCK STEP, SHUFFLE TURN

25&26 Step left foot forward, bring right up behind, step left foot forward
27&28 Step right foot forward, bring left up behind, step right foot forward
29-30 Step forward on left foot, shift weight back onto the right
31&32 Step left, right, left as you turn $\frac{1}{2}$ back to your left

STEP TURN, HIP ROLLS

33-34 Step right foot forward, turn $\frac{1}{4}$ to left
35-36 Roll hips from left to right
37-40 Repeat steps 33-36

HOPS

41-42 Hop forward to right, hop to left
43&44 Hop 3 times to the right, turn $\frac{1}{4}$ back to the left as you hop(all hops move the same direction)
45-46 Repeat 41-42
47&48 Hop and spread feet apart, hop and cross feet, hop and spread feet apart

REPEAT
