

The Habit

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mary Beth & Gary Lachapelle
音樂: Slave to the Habit - Shane Minor



SAILOR SHUFFLES, KICK-BALL-TOUCH, MONTEREY TURN RIGHT

- 1&2 Step left foot behind right, step right foot to right, step left foot to left
3&4 Step right foot behind left, step left foot to left, step right foot to right
5&6 Kick left foot forward, step down on left foot, point right toe to right side
7-8 (Monterey) Pivot $\frac{1}{2}$ turn right on ball of left while stepping right foot home, point left toe to left side

SAILOR SHUFFLES, KICK-BALL-TOUCH, MONTEREY TURN RIGHT

- 9-16 Repeat steps 1 through 8 above

POINT CROSS, SIDE TOUCH, FORWARD CROSS STEP, SIDE TOUCH

- 17-20 Point left toe forward at 45s angle to right, point left toe to left side, step left foot forward 45s angle across front of right foot, point right toe to right
21-24 Point right toe forward at 45s angle to left, point right toe to right side, step right foot forward 45s angle across front of left foot, point left toe to left side

SAILOR SHUFFLE WITH $\frac{3}{4}$ TURN LEFT, OUT-OUT-IN-IN, HIP SHAKES

- 25&26 Making a $\frac{3}{4}$ turn to the left, step left foot behind right, step right foot to right, step left foot to left
&27 Step right foot out to right, step left foot out to left (out- out)
&28 Step right foot home, step left foot home (in-in)
29-32 Step right foot slightly forward to right, at the same time shake or bump your hips 4 times to right

REPEAT

Variation for counts 29-32:

- &29&30 Step right foot out to right, step left foot out to left, step right foot home, step left foot home (out-out-in-in)
31-32 Two count body roll forward
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