

Slave To The Habit

Count: 48

Wall: 4

Level: Improver

Choreographer: Christopher D. Westrick (USA)

Music: 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
