

# Kick the Habit

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Ryan Hunt (UK) - November 2013

Music: Kick up Your Heels (feat. Pitbull) - Jessica Mauboy : (Album: Beautiful)



Intro: 16 counts (7 Seconds)

## S1: STEP FORWARD, KICK, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

- 1-2 Step forward on L, Kick R forward
- 3&4 Step back on R, Close L next to R, Step forward on R
- 5-6 Rock forward on L, Recover on R
- 7&8 Make ¼ turn L stepping L to L side, Step R next to L, Make ¼ turn L stepping forward on L (6.00)

## S2: JAZZ BOX WITH CROSS, SIDE MAMBO, & SIDE ROCK, STEP TOGETHER

- 1-2 Cross R over L, Step back on L
- 3-4 Step R slightly to R side, Cross L over R
- 5&6 Rock R out to R side, Recover on L, Step R next to L
- &7-8 Quickly Rock L out to L side, Recover on R, Step L next to R (6.00)

## S3: HEEL GRIND ¼ TURN, TWO WALKS BACK, ¼ POINT, ¼ FORWARD, ½ BACK, ¼ SIDE

- 1-2 Dig R heel forward, Grind R heel moving toes from L to R as you make ¼ turn R stepping back on L (9.00)
- 3-4 Step back on R, Step back on L
- &5 Make ¼ turn R stepping R slightly to R side, Point L toes to L side (12.00)
- 6-7-8 Make ¼ turn L stepping L forward, make ½ turn L stepping back on R, make ¼ turn L stepping L to L side (12.00)

## S4: CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR HEEL, & CROSS BALL HELL

- 1&2 Cross R over L, Step L slightly to L side, Cross R over L
- 3-4 Rock L out to L side, Recover on R
- 5&6 Cross L behind R, Step R slightly to R side, Dig L heel to L diagonal
- &7&8 Step L in place, Cross R over L, Step L slightly to L side, Dig R heel to R diagonal (12.00)

## S5: & CROSS, SIDE, BEHIND, SIDE, DIAGONAL ROCK FORWARD, RECOVER, DIAGONAL ROCK BACK, RECOVER

- &1-2 Step R in place, Cross L over R, Step R to R side
- 3-4 Cross L behind R, Step R to R side
- 5-6 Make 1/8 turn R as you rock forward on L, Recover back on R (1.30)
- 7-8 Rock back on L, Recover forward on R (1.30)

## S6: STEP FORWARD, HITCH 3/8 TURN, SHUFFLE FORWARD, ROCKING CHAIR, STEP FORWARD, TOUCH BEHIND

- 1-2 Step forward on L into R diagonal, Make 3/8 turn L as you hitch R knee (9.00)
- 3&4 Step R forward, Close L next to R, Step R forward
- 5&6& Rock forward on L, Recover on R, Rock back on L, Recover on R
- 7-8 Step forward on L, touch R toes behind L heel (9.00)

## S7: SHUFFLE BACK, SHUFFLE ½ TURN, PADDLE ¼ TURN, PADDLE ¼ TURN

- 1&2 Step back on R, Close L next to R, Step back on R
- 3&4 Make ¼ turn L stepping L to L side, Close R next to L, Make ¼ turn L stepping forward on L (3.00)
- 5-6 Step forward on R, Pivot ¼ turn L taking weight onto L (12.00)

7-8 Step forward on R, Pivot  $\frac{1}{4}$  turn L taking weight onto L (9.00)

**S8: CROSS OVER, STEP SIDE, DRAG UP, BALL CROSS, BALL CROSS, STEP SIDE, TOUCHES WITH KNEE POPS**

1-2 Cross R over L, Step L a big step to L side

3&4 Drag R foot up to L, Step R next to L, Cross L over R

&5-6 Step R next to L, Cross L over R, Step R to R side

7&8& Touch L next to R as you pop L knee across R, Step L in place, Touch R next to L as you pop R knee across L, Step R in place

**Add the following 2 count Tag after wall 5 (facing 9.00) and then Start wall 6 (facing 3.00)**

**TS1 STEP FORWARD, PIVOT  $\frac{1}{2}$  TURN**

1-2 Step forward on L, Make  $\frac{1}{2}$  turn R taking weight onto R

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