

Out Of Habit

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數:
編舞者: Peter Metelnick (UK)
音樂: Out of Habit - BR5-49



Sequence: A(9-32), AAA, BBB, AAA, ENDING

Start the dance facing the 3:00 wall, on the 9th count of the dance. In other words, start with the vine right with the 1/2 right turn.

PART A (VOCAL SECTION)

RIGHT & LEFT SIDE TOUCHES WITH ¼ RIGHT & CLICKS

- 1-2 Step right foot to right side & swing both arms to right side, touch left toes together & click fingers on both hands (or clap hands)
- 3-4 Step left foot to left side & swing both arms to left side, touch right toes together & click fingers on both hands (or clap hands)
- 5-6 Turn ¼ right and step right foot to right side (& swing both arms to right side), touch left toes together & click fingers on both hands (or clap hands) (now facing right side wall)
- 7-8 Repeat 3-4

VINE RIGHT WITH ½ RIGHT, SWIVEL HEEL-TOES-HEELS, HOLD & CLAP

- 1-4 Step right foot to right side, cross step left foot behind right, step right foot to right side turning ½ right, step left foot slightly to left side (feet should end fairly close together. Weight on both feet. Now facing left side wall)
- 5-8 Swivel both heels left, swivel both toes left, swivel both heels to center (to face side wall), hold & clap

¼ RIGHT MONTEREY TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, KICK LEFT FORWARD

- 1-2 Touch right toes to right side, pivot ¼ right on left foot and step right foot together (now facing front wall)
- 3-4 Touch left toes to left side, step left foot together
- 5-8 Step right foot forward, pivot ½ left, step right foot forward, kick left foot forward (now facing back wall)

LEFT TO LEFT, HOLD FOR 3 WITH ATTITUDE!, BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

- 1-4 Step left foot to left side, hold for 3 counts with attitude!
- 5-7 Bump hips right, left, right
- 8 Bump hips left and touch right toes together (weight ends on left foot)

PART B (INSTRUMENTAL SECTION)

RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, VINE LEFT WITH ½ LEFT

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
- 3-4 Step left foot back and rock back, recover weight on right foot
- 5-8 Step left foot to left side, cross step right foot behind left, step left foot to left side turning ½ left, scuff right foot forward (now facing back wall)

RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, VINE LEFT WITH ¼ LEFT

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
- 3-4 Step left foot back and rock back, recover weight on right foot
- 5-8 Step left foot to left side, cross step right foot behind left, step left foot to left side turning ¼ left, scuff right foot forward (now facing right side wall)

RIGHT & LEFT FORWARD STEP TOUCHES WITH CLAPS, RIGHT BACK & HOLD, LEFT BACK COASTER STEP

1-4 On a right diagonal step right foot forward, touch left toes together & clap, on a left diagonal step left foot forward, touch right toes together & clap

Alternate steps for 1-4: on a right diagonal step right foot forward, hold & clap, on a left diagonal step left foot forward, hold & clap

5-6 Step right foot back, hold

7&8 Step left foot back, step right foot together, step left foot forward

RIGHT & LEFT FORWARD STEP TOUCHES WITH CLAPS, RIGHT BACK & HOLD, LEFT BACK COASTER STEP

1-8 Repeat above 8 counts (17-24)

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE

1-2 Step right foot forward, pivot ½ left

3&4 Step right foot forward, step left foot together, step right foot forward

Alternate steps for 3-4: step right foot forward, hold

5-6 Step left foot forward, pivot ½ right

7&8 Step left foot forward, step right foot together, step left foot forward

Alternate steps for 7-8: step left foot forward, hold

Now facing right side wall

4 PADDLE TURNS COMPLETING ¾ TURN LEFT

1-8 Step right foot forward, pivot turn pushing right hip out-repeat 4x turning ¾ left to end facing back wall (optional hand movements -swing arms to the right, click fingers and swing arms left-repeat 4x)

ENDING

Music will start to slow down when you are facing forward for the last time (on the break) as you step left foot to left side & hold for 3. Bump hips right, left, right as you hear the lyrics "habit of mine", cross right foot over left & unwind a full turn left (the big finish) & end facing forward
