

Kick The Habit

64 Count, 4 Wall, Intermediate

Choreographer: Ryan Hunt (UK) Nov 2013

Choreographed to: Kick Up Your Heels by Jessica Mauboy
Feat. Pitbull

Intro: 16

1 STEP FORWARD, KICK, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

- 1-2 Step left forward, kick right forward
- 3&4 Right coaster step
- 5-6 Rock left forward, recover to right
- 7&8 Chassé back left-right-left turning ½ left (6:00)

2 JAZZ BOX WITH CROSS, SIDE MAMBO, & SIDE ROCK, STEP TOGETHER

- 1-2 Cross right over, step left back
- 3-4 Step right slightly side, cross left over
- 5&6 Rock right side, recover to left, step right together
- &7-8 Rock left side, recover to right, step left together

3 HEEL GRIND ¼ TURN, TWO WALKS BACK, ¼ POINT, ¼ FORWARD, ½ BACK, ¼ SIDE

- 1-2 Step right heel forward (toe turned in), turn ¼ right and step left back (right toe turned out) (9:00)
- 3-4 Step right back, step left back
- &5 Turn ¼ right and step right slightly side, point left side (12:00)
- 6-7-8 Vine left turning a full turn left (12:00)

4 CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR HEEL, & CROSS BALL HEEL

- 1&2 Crossing chassé right-left-right
- 3-4 Rock left side, recover to right
- 5&6& Cross left behind, step right slightly side, touch left heel diagonally forward, step left together
- 7&8& Cross right over, step left slightly side, touch right heel diagonally forward, step right together

5 CROSS, SIDE, BEHIND, SIDE, DIAGONAL ROCK FORWARD, RECOVER DIAGONAL ROCK BACK, RECOVER

- 1-2 Cross left over, step right side
- 3-4 Cross left behind, step right side
- 5-6 Turn 1/8 right and rock left forward, recover to right (1:30)
- 7-8 Rock left back, recover to right

6 STEP FORWARD, HITCH 3/8 TURN, SHUFFLE FORWARD, ROCKING CHAIR, STEP FORWARD, TOUCH BEHIND

- 1-2 Step left forward, turn 3/8 left and hitch right (9:00)
- 3&4 Chassé forward right-left-right
- 5&6& Rock left forward, recover to right, rock left back, recover to right
- 7-8 Step left forward, touch right slightly back (9:00)

7 SHUFFLE BACK, SHUFFLE ½ TURN, PADDLE ¼ TURN, PADDLE ¼ TURN

- 1&2 Chassé back right-left-right
- 3&4 Chassé back left-right-left turning ½ left (3:00)
- 5-6 Step right forward, turn ¼ left (weight to left) (12:00)
- 7-8 Step right forward, turn ¼ left (weight to left) (9:00)

8 CROSS OVER, STEP SIDE, DRAG UP, BALL CROSS, BALL CROSS, STEP SIDE TOUCHES WITH KNEE POPS

- 1-2 Cross right over, big step left side
- 3&4 Drag right toward left, step right together, cross left over
- &5-6 Step right together, cross left over, step right side
- 7&8& Touch left together and swivel left knee in, step left together, touch right together and swivel right knee in, step right together

TAG After wall 5 (9:00)

STEP FORWARD, ½ TURN

- 1-2 Step left forward, turn ½ right (weight to right)
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