

# Kick The Habit

**Description:** 40 count, 4 wall, beginning line dance  
**Music:** **Take It Back** by Reba McEntire



## RIGHT AND LEFT SIDE TOUCHES

1,2 Touch R Toe to Right Side, Step R Foot next to Left  
3,4 Touch L Toe to Left Side, Step L Foot next to Right  
5-8 Repeat Counts 1-4

## 2 KICK BALL CHANGES WITH A ½ LEFT PIVOT

9&10 Kick R Foot Forward, start to step on the ball of the R Foot in place, Change weight to L Foot  
11&12 Repeat Counts 9-10  
13,14 R Toe Forward, ½ Pivot left (with weight remaining on Left Foot)

## 2 KICK BALL CHANGES WITH A ½ LEFT PIVOT (AGAIN)

15&16 Kick R Foot Forward, start to step on the ball of the R Foot in place, Change weight to L Foot  
17&18 Repeat Counts 9-10  
19,20 R Toe Forward, ½ Pivot left (with weight remaining on Left Foot)

## 2 SHUFFLES FORWARD WITH A ½ LEFT PIVOT

21&22 Shuffle Forward Right – Left - Right  
23&24 Shuffle Forward Left – Right – Left  
25,26 R Toe Forward, ½ Left Pivot (with weight remaining on Left Foot)

## 2 SHUFFLES FORWARD WITH A ½ LEFT PIVOT (AGAIN)

27&28 Shuffle Forward Right – Left - Right  
29&30 Shuffle Forward Left – Right – Left  
31,32 R Toe Forward, ½ Left Pivot (with weight remaining on Left Foot)

## 2 JAZZ BOXES WITH A ¼ RIGHT TURN

33,34 Cross R Foot in front of L Foot, Step Back on L Foot behind R Foot  
35,36 Step R Foot to Right Side, Step L Foot next to R Foot  
37,38 Cross R Foot in front of L Foot, Step Back on L Foot behind R Foot  
39,40 Turn ¼ to the Right and step on R Foot, Step L Foot next to R Foot

**REPEAT**