

A Habit With Me

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Music: „You're Getting To Be A Habit With Me” - Dancelife - Album: “Movies & Musicals” or Download Casa Musica, [1:55 min.](#)
Rhythm & Phase: FT, Phase IV
Timing: Sqg throughout, unless otherwise noted - reflects actual weight changes
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A(5-8) – B – C – A – End

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INTRODUCTION

1-4 WAIT 2 MEAS ; ; SIDE, TOUCH TWICE ; DIP BACK, MANEUVER ;

- 1-2 **{Wait 2}** In CP WALL wait ; Wait ;
3 **{sd, tch - (SS)}** Stp sd L, tch R to L, sd R, tch L to R ;
4 **{dip bk, manuv (SS)}** Stp bk L w/knee slightly bent, -, rec fwd R trng RF to CP RLOD, - ;
note: Having finished the Intro be aware to continue with meas 5(!) of Part A.

PART A

1-4 REVERSE TURN ; ; THREE STEP ; NATURAL TURN ONE HALF ;

- 1-2 **{rev trn}** In CP DLC stp fwd L start trng LF, -, sd R cont trng, bk L to CP RLOD ;
Bk R cont trng LF, -, sd L cont trng, fwd R outsd ptr to BJO DLW ;
(W stp bk R start trng LF, -, cl L to R trng LF on R heel then transfer weight to L, fwd R to CP RLOD ;
Fwd L cont trng LF, -, sd R cont trng, bk L to BJO DLW ;)
3 **{3 stp}** Stp fwd L w/heel lead blendg to CP DLW, -, fwd R w/heel lead then rise to toes, fwd L ;
4 **{nat trn ½}** Fwd R start RF trn, -, fwd & sd L across LOD to fc RLOD, bk R to CP RLOD ;
(W bk L start trng RF, -, cl R heel trn, fwd L to CP RLOD ;)

5-8 IMPETUS TO SCP ; PROMENADE WEAVE ; ; CHANGE OF DIRECTION ;

- 5 **{imp to SCP}** Stp bk L start RF trn, -, cl R heel trn & rise to toes, sd & fwd L to SCP DLC ;
(W fwd R, -, fwd & arnd ptr L rising & brush R to L, sd & fwd R to SCP DLC ;)
6-7 **{prom wev (Sqq;qqq;)}** Stp thru & fwd R, -, fwd L trng LF, sd & bk R to BJO DRC ;
Bk L, bk R start trng LF to CP DRW, sd L cont trng, fwd R outsd ptr to BJO DLW ;
(W stp thru & fwd L, -, sd & bk R trng LF, fwd L ; Fwd R, fwd L to CP DRW, sd R, bk L to BJO DLW ;)
8 **{chg of dir (SS)}** Blendg to CP DLW stp fwd L, -, fwd & sd R to fc DLC, draw L to R to CP DLC ;

PART B

1-4 TELEMARK TO SCP ; NATURAL TURN ONE HALF ; SPIN TURN ; BACK HALF BOX TO SCAR ;

- 1 **{tele to SCP}** Stp fwd L, -, fwd R crossg LOD in frnt of W and trng ¾ LF, fwd L to SCP DLW ;
(W stp bk R, -, draw L to R trng on R heel to DLW and changing wgt to L, fwd R to SCP DLW ;)
2 **{nat trn ½}** Repeat meas 4 of Part A ;
3 **{spn trn}** In CP RLOD stp bk L lowering into knee & start trng RF, -, cont trng RF to CP LOD
rec fwd R between W's feet and rise (W brush), rec bk L to CP DLW ;
4 **{bk ½ box to SCAR}** In CP DLW stp bk R, -, sd L, cl R swvlg to SCAR DLW ;

5-8 CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ; FEATHER ;

- 5 **{X hvr to BJO}** In SCAR DLW XLif of R, -, stp sd & fwd R risg & trng LF, fwd L to BJO DLC ;
6 **{X hvr to SCAR}** XRif of L, -, stp sd & fwd L risg & trng RF, fwd R to SCAR DLW ;
7 **{X hvr to SCP}** XLif of R, -, stp sd & fwd R risg, fwd L to SCP DLC ;
(W XRif of L, -, bk L start trng RF and brush R to L, fwd R to SCP DLC ;)
8 **{fthr}** In SCP DLC stp thru & fwd R, -, fwd L, fwd R outsd ptr to BJO DLC ;
(W stp thru L start trng LF to fc ptr, -, sd & bk R, bk L to BJO DLC ;)

9-12 REVERSE TURN ; ; THREE STEP ; NATURAL TURN ONE HALF ;

Repeat meas 1-4 of Part A ; ; ;

13-17 IMPETUS TO SCP ; PROMENADE WEAVE ; ; HOVER ; FEATHER ;

- 13 **{imp to SCP}** Repeat meas 5 of Part A ;
14-15 **{prom wev}** Repeat meas 6-7 of Part A ; ;
16 **{hvr}** Blendg to CP DLW stp fwd L, -, sd & fwd R rising (W brush), sd & fwd L to SCP DLC ;
17 **{fthr}** Repeat meas 8 of Part B ;

PART C

1-4 TELEMARK TO SCP ; FEATHER ; QUICK QUARTER DIAMOND TURN IN 4 ; DIP BACK & RECOVER ;

- 1 {tele to SCP} Blendg to CP repeat meas 1 of Part B ;
- 2 {fthr} From SCP DLW repeat meas 8 of Part B to end in BJO DLW ;
- 3 {quick ¼ diam trn in 4 (qqqq)} Stp fwd L outsd ptr, fwd & sd R trng ⅛ LF to contra BJO, bk L trng ⅛ LF to contra BJO DLC, bk R blendg to CP DLC ;
- 4 {dip bk, rec (SS)} Stp bk L w/knee slightly bent, -, rec fwd R to CP DLC, - ;

5-8 TELEMARK TO SCP ; FEATHER ; QUICK QUARTER DIAMOND TURN IN 4 ; DIP BACK & RECOVER ;

Repeat meas 1-4 of Part C ; ; ; ;

9-12 DIAMOND TURN ; ; ; ;

- 9-12 {diam trn} Stp fwd L, -, fwd & sd R trng ⅛ LF to contra BJO, bk L trng ⅛ LF to contra BJO DRC ;
Staying in contra BJO stp bk R, -, bk & sd L trng ⅛ LF, fwd R trng ⅛ LF to fc DRW ;
Staying in contra BJO stp fwd L, -, fwd & sd R trng ⅛ LF, bk L trng ⅛ LF to fc DLW ;
Staying in contra BJO stp bk R, -, bk & sd L trng ⅛ LF, fwd R trng ⅛ LF to contra BJO DLC ;

13-16 TELEMARK TO SCP ; NATURAL TURN ONE HALF ; SPIN TURN ; FEATHER FINISH ;

- 13 {tele to SCP} Blendg to CP repeat meas 1 of Part B ;
- 14 {nat trn ½} Repeat meas 2 of Part B ;
- 15 {spn trn} Repeat meas 3 of Part B ;
- 16 {fthr fin} In BJO DLW stp bk R, -, sd L start trng LF, fwd R outsd ptr to BJO DLC ;

ENDING

1-2 QUICK QUARTER DIAMOND TURN IN 4 ; DIP BACK & HOLD ;

- 1 {quick ¼ diam trn in 4 (qqqq)} Repeat meas 3 of Part C ;
 - 2 {dip bk, hold (S-)} Stp bk L w/knee slightly bent, -, hold position, - ;
- note: Stop music immediately – or let your dancers listen to “their” applause ;-)

Suggested Cues:

Intro In CP WALL wait 2 meas;; 2 Sd Tchgs; Dip Bk & Manuv;

A5-8 Impetus SCP; Prom Weave;; Chg of Dir;

B Tele SCP; Half Nat Trn; Spin Trn; Bk Half Box SCAR;
X Hover 3x to SCP;;; Feather;
Rev Trn;; 3stp; Half Nat Trn;
Impetus SCP; Prom Weave;; Hover; Feather;

C Tele SCP; Feather; Quick ¼ Diam 4; Dip Bk, Rec;
Tele SCP; Feather; Quick ¼ Diam 4; Dip Bk, Rec;
Diam;;; Tele SCP; Half Nat; Spin Trn; Feather Finish;

A Rev Trn;; 3stp; Half Nat;
Impetus SCP; Prom Weave;;

End Quick ¼ Diam 4; Dip Bk & Hold - STOP music here (or listen to the applause)