

Bad Habits

Count: 32

Wand: 0

Ebene: Couples Circle Dance

Choreograf/in: Jim Ray (USA) - March 2024

Musik: One Bad Habit - Tim McGraw



Hold: 16 Counts And Start On Lyrics

START DANCE IN SWEETHEART POSITION

BOTH ROCK FORWARD ON RIGHT FOOT, BOTH SHUFFLE BACK R-L-R BOTH ROCK BACK ON LEFT FOOT, MAN GOES FORWARD LEFT, RIGHT, LEFT TURNING WOMAN TO THE RIGHT, WITH HIS RIGHT HAND OVER HER HEAD, BRINGING HER BACK TO SWEETHEART POSITION, STEPPING LEFT, RIGHT, LEFT

- 1,2 Both Rock Right Forward, Shift Wt. Back To Left Foot
- 3&4 Both Shuffle Back Right, Left, Right
- 5,6 Both Rock Left Foot Back, Both Shift Wt. Forward To Right Feet
- 7&8 MAN: Shuffles Forward Left, Right, Left
- 7&8 Woman: Man Turns Woman A Full Turn Right, With His Right Hand, Over Her Head

Back To Sweetheart Position As She Steps Left, Right Left

BOTH STEP RIGHT FOOT A 1/4 TURN RIGHT, BOTH STEP LEFT TO THE LEFT SIDE AND SLIGHTLY BACK, FACING OUT OF LINE OF DANCE, MAN KEEPS HANDS OUT ON BOTH SIDES LITTLE LOWER THAN SHOULDERS, BOTH STEP TO THE LEFT, RIGHT IN FRONT, STEP LEFT TO THE LEFT, AND RIGHT IN FRONT, BOTH STEP A 1/4 TO THE LEFT, MAN LETS GO OF LEFT HAND, TAKES RIGHT HAND OVER HER HEAD, AND PICKS LEFT HAND UP BEHIND HIM, HE NOW HAS BOTH HANDS BEHIND HIM, AS YOU BOTH TURN ANOTHER 1/4 TO THE LEFT, WITH RIGHT FOOT, BOTH FACING CENTER OF LINE OF DANCE, BOTH STEP LEFT IN FRONT, RIGHT TO THE RIGHT, LEFT IN FRONT

- 1,2 Both Step A 1/4 Turn Right, With Right Foot, Both Step Left To The Left And Slightly Back
- Man Leads Both Hands Out To Both Sides Slightly Lower Than Shoulders**
- 3&4 Both Step Right In Front, Left To The Left, Right In Front
- 5,6 Both Step A 1/4 Turn Left, On Left Foot, Man Drops Left Hand, Right Goes Over Her Head,
- As You Both Step Right Another 1/4 Turn Left, With Right Foot, Man Picks Left Hands Up In Back**
- 7&8 Both Step Left In Front, Right To The Right, Left In Front

MAN STEPS A 1/4 RIGHT, LEFT FORWARD, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, MAN DROPS LEFT HAND, AND TURNS WOMAN WITH RIGHT HAND A TURN AND 1/4 TO THE RIGHT, STEPPING RIGHT, LEFT, RIGHT, LEFT, RIGHT BACK TO SWEETHEART, FACING LINE OF DANCE, BOTH STEP FORWARD, LEFT, RIGHT BEHIND, LEFT, RIGHT BEHIND, LEFT

- 1,2 Man Steps A 1/4 Right, With Right Foot, Steps Left Forward
- 1,2 Woman: Man Starts Turning Woman With Right Hand To The Right, Stepping Right A 1/4, Left A 1/4
- 3&4 Man Shuffles Forward Right, Left, Right
- 3&4 Man Keeps Turning Woman A 3/4 Turn Right, Stepping Right, Left, Right
- 5,6 In Sweetheart Possition Both Step Left Forward Right Behind
- 7&8 Both Step Left, Right Behind, Left, Still In Sweetheart Possition

BOTH STEP RIGHT FOOT FORWARD, MAN LIFTS WOMANS LEFT HAND, DROPS RIGHT HAND, BOTH TURN LEFT FOR A FULL TURN, STEPPING LEFT, RIGHT, LEFT, RIGHT, MAN PICKS RIGHT BACK UP IN SWEETHEART AGAIN, ROCK LEFT FOOT FORWARD, SHIFT WT. BACK TO RIGHT, BOTH DO A COASTER STEP LEFT BACK, RIGHT TOGETHER, LEFT FORWARD

- 1,2 In Sweetheart Possition Both Step Right Foot Forward, Man Lifts Left Hand Drops Right, On 2 Turn a 1/4 Left, With Left Foot Both Man And Woman
- 3&4 Both Keep Turning A 3/4 Turn Left, Stepping Right, Left, Right, Man Picks Right Hand Up Now In Sweetheart Facing Line Of Dance
- 5,6 Both Rock Left Forward, Shift Wt. Back To Right

7&8

Both Do A Coaster Step, Step Left Back, Right Together, Forward Left

(START OVER)
