

Bad Habits Leads to You

Count: 32

Wall: 4

Level: Beginner

Choreographer: Lene Mainz Pedersen (DK) - June 2021

Music: Bad Habits - Ed Sheeran : (iTunes)



Intro: 16 counts

[1-8] STOMP R, SWIVEL R HEEL R & L, KICK R, BACK ROCK, 1/4 L CHASSE R

- 1 - 4 Stomp R to R diagonal (lean fw), Swivel R foot to R, Swivel R foot back to center, Kick R foot to R diagonal
- 5 - 6 Rock back on R, Recover on L
- 7 & 8 Turn ¼ L step R to R side, Step L beside R, Step R to R side (9:00)

[9-16] BEHIND, SIDE, CROSS SHUFFLE, SIDE TOUCH R & L

- 1 - 2 Cross L behind R, step R to R side
- 3 & 4 Cross L in front of R, Step R to R side, Cross L in front of R
- 5 - 8 Step R to R side, Touch L beside R with clap, Step L to L side, Touch R beside L with clap

[17-24] CROSS POINT X4

- 1 - 4 Cross R in front of L, Point L to L side, Cross L in front of R, Point R to R side
- 5 - 8 Cross R in front of L, Point L to L side, Cross L in front of R, Point R to R side
- (for styling bend your knee when you do these cross points, when you do the points make a sharp snap - bend your arms when you prepare for the snap, then make the snap as you lower your arms - look at the video ;o)

[25-32] JAZZ 1/4 R X2

- 1 - 4 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step fw on L (12:00)
- 5 - 8 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step fw on L (3:00)
- *** at 5 wall count 32, step L beside R - that way you'll be ready for the tag ***

Begin Again

TAG after 5. Wall (3:00) - 4 count tag: Applejacks (or optional - do 2 heel splits)

- 1 - 4 Move Left Toe And Right Heel To The Left, Move Them Back To Center, Move Right Toe And Left Heel To The Right, Move Them Back To Center (weight on L)

ENDING: You end at the 6 o'clock wall - simply step fw on R, Turn ½ L to face your 12 o'clock wall - tadaaaaa

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