

Bad For Me

Count: 32

Wall: 4

Level: Improver

Choreographer: Feargal Keegan (IRE) - August 2022

Music: Bad For Me (feat. Teddy Swims) - Meghan Trainor



Intro: 32 counts

Section 1: Side R, Sailor L, Behind-side, Cross rock, Sweep, Behind-side-cross, ¼ step

- 1 Step R to R side
- 2&3 Step L behind R, Step R in place, Step L to L side
- 4&5 Step R behind L, Step L to L side, Cross rock R over L
- 6 Sweep R around
- 7& Step R behind L, Step L to L side
- 8& Cross R over L, Step ¼ L back (3 o'clock)

Section 2: Side, Cross, Side, Cross shuffle, Back R, Back L, Sway, Sway

- 1 Step R to R side
- 2 Cross L over R
- 3 Step R to R side
- 4&5 Cross L over R, step R to R side, cross L over R
- &6 Step R back, step L beside R
- 7, 8 Sway R, sway L (3 o'clock)

(W5: Restart)

Section 3: Touch, ¼ R, ¼ Rock & cross, Back R, Back L, Cross & Heel &

- 1 Touch R toe beside L
- 2 Step R forward turning ¼ over R shoulder
- 3&4 Rock L to L side turning ¼ over R shoulder, step R in place, cross L over R
- 5, 6 Step R back, step L diagonally back
- 7& Cross R over L, step L in place
- 8& Heel R diagonally forward, step R in place (9 o'clock)

Section 4: Cross Rock, Sweep, Behind, Rock & Cross, Side, Touch, Touch out & in

- 1 Cross rock L over R
- 2 Sweep L around
- 3 Step L behind R
- 4&5 Rock R diagonally back, recover, cross R over L
- 6 Step L to L side
- 7 Touch R toe behind L
- 8& Touch R toe to R side, touch R toe beside L (9 o'clock)

Tag (8 counts) - after W3 and W6: Side, Toe touch, Side, Toe touch, Sways

- 1 Step R to R side
- 2 Touch L toe behind R
- 3 Step L to L side
- 4 Touch R toe behind L
- 5, 6 Sway R, sway L
- 7, 8 Sway R, sway L

Two 8-count Tags, (After W3, W6), 1 Restart (after 16 counts W5)

Last Update: 15 Jan 2023

