

Bad Habits

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - July 2021
音樂: Bad Habits - Ed Sheeran : (Amazon & iTunes)



Intro: 16 counts, start on vocals

S1: WALK, ¼ HITCH, SIDE, TORQUE/LOOK, ¼, ½, BACK, TOUCH/SIT

- 1-2 Walk forward on left, ¼ left hitching right knee up and raising right hip [9:00]
3-4 Step right to right side, Torque upper body to right looking to right and pointing left toe to left side
5-6 ¼ left stepping slightly forward on left, ½ left stepping back on right [12:00]
7-8 Step back on left, Touch right in front of left sitting back on left bending knees

S2: WALK, ½, BACK, TOUCH, WALK, ½, ½ SHUFFLE

- 1-2 Walk forward on right, ½ right stepping back on left [6:00]
3-4 Step back on right, Touch left in front of right
5-6 Walk forward on left, ½ left stepping back on right [12:00]
7&8 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [6:00]

S3: WALK, HOLD & ROCK, RECOVER, BACK, BACK, BACK ROCK

- 1-2& Walk forward on right, HOLD, Step left next to right
3-4 Rock forward on right, Recover on left
5-6 Walk back on right popping left knee, Walk back on left popping right knee
7-8 Rock back on right popping left knee, Recover on left

S4: ¼ SIDE, HOLD &, SIDE, HOLD &, SIDE ROCK, BEHIND SIDE CROSS

- 1-2& ¼ hinge turn left stepping right to right side, HOLD, Step left next to right [3:00]
3-4& Step right to right side, HOLD, Step left next to right

Optional styling: shoulder rolls on counts 1-2 and 3-4

(while dropping right shoulder raise left and roll shoulders)

- 5-6 Rock right to right side, Recover on left
7&8 Cross right behind left, Step left to left side, Cross right over left *Tag & Restart Wall 3

S5: SIDE, TOGETHER, WALK, R SHUFFLE, ROCK, RECOVER, ½ SHUFFLE

- 1-2-3 Step left to left side, Step right next to left, Walk forward on left
4&5 Step forward on right, Step left next to right, Step forward on right
6-7 Rock forward on left, Recover on right
8&1 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [9:00]

S6: WALK, WALK, ANCHOR STEP, BACK, ANCHOR STEP

- 2-3 Walk forward on right, Walk forward on left,
4&5 Lock right behind left, Step weight on left, Step slightly back on right
6 Step back on left
7&8 Cross right over left, Step weight on left, Step slightly forward on right

S7: CROSS, SWEEP, CROSS SWEEP, CROSS, ¼ BACK & CROSS, SIDE

- 1-2 Cross left over right, Ronde sweep right from back to front
3-4 Cross right over left, Ronde sweep left from back to front
5-6& Cross left over right, ¼ left stepping back on right, Step left next to right [6:00]
7-8 Cross right over left, Step left to left side

S8: BACK/Drag, BACK/Drag, BACK/SIT, RECOVER, WALK, STEP LOCK

1-2 Walk back on right dragging left to meet right
3-4 Walk back on left dragging right to meet left
5-6 Sit back on right bending knees, Recover on left
7-8& Walk forward on right, Step forward on left, Lock right behind left

***TAG & RESTART: After 32 counts of Wall 3, dance the 4 count tag:**

SIDE, TOUCH, ¼ SIDE, TOUCH

1-2 Step left to left side, Touch right next to left
3-4 ¼ right stepping right to right side, Touch left next to right [6:00]

Then restart the dance from the beginning facing [6:00]

ENDING: Dance 32 counts of Wall 8, then turn ¼ right ronde hitching left knee across right. Step forward on left and point right arm and first finger forward on the last word "you" [12:00].

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