Bad Habits - AB

級數: Ultra Beginner

編舞者: Denise Brault (USA) - July 2021

音樂: Bad Habits - Ed Sheeran : (Amazon & iTunes)

Intro: 16 counts, start on vocals

Tag wall 6: 1 super easy 4-count tag, repeat first four counts of dance and begin again.

Section 1: "V' steps

- 1,2,3,4 Step R forward to R diagonal, Step L forward to L diagonal, Step R back to center, step L together
- 5,6,7,8 Step R forward to R diagonal, Step L forward to L diagonal, Step R back to center, step L together

Section 2: "K" Step w/ optional finger snaps

- 1,2,3,4 Step R forward on R diagonal, touch L next to R and snap, step L back to center, touch R next to L and snap
- 5,6,7,8 Step R back on diagonal, touch L next to R and snap, step L forward to center, Touch R next to L and snap

Section 3: R side jump with hip shake, L side jump with hip shake

- &1 Jump R to R side, touch L next to R
- 2&3&4 Bump hips R,L,R,L,R (weight ends R)
- &5 Jump L to L side, touch R next to L
- 6&7&8 Bump hips L,R,L,R,L (weight ends on both feet)

Section 4: Hip circles, step, 1/8 turn paddle, step, 1/8 turn paddle

- 1,2,3,4 Circle hips anti-clockwise twice (weight ends L)
- 5,6,7,8 Step R slightly forward, pivot 1/8 turn L taking weight on L, Step R slightly forward, pivot 1/8 turn L taking weigh on L.

BEGIN AGAIN

TAG: At the beginning of wall 6 facing 9:00,

Dance one extra "V" step and begin the dance again. Easy to hear in the music.

1,2,3,4 Step R forward to R diagonal, Step L forward to L diagonal, Step R back to center, step L together

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拍數: 32

牆數:4