

Bad Habits

Count: 64

Wall: 4

Level: High Improver

Choreographer: Sheila Kenny (USA) - September 2024

Music: Bad Habits - Ed Sheeran



#10 Sec ct./16 count Intro. - 1 Tag, 1 Restart - CW

Sec. 1 Right Rhumba Box w/Holds

- 1-4 Step RF to Right side, Step LF next to RF, Step RF forward, HOLD
- 5-8 Step LF to Left side, Step RF next to LF, Step back on LF, HOLD

Sec. 2 Reverse Right Rhumba Box w/Holds

- 1-4 Step RF to Right side, Step LF next to RF, Step back on RF, HOLD
- 5-8 Step LF to Left side, Step RF next to LF, Step LF forward, HOLD

Sec. 3 ¼ Left Pivot Turn, Toe Touch, Left Vine w/¼ Turn Left

- 1,2 Step Right Toe forward, Pivot turn ¼ Left, Recover weight on LF (9:00)
- 3,4 Touch Right Toe next to LF, Step RF to Right side
- 5,6 Step LF to Left side, Cross RF behind LF
- 7,8 Turn ¼ Left stepping on LF, Touch Right Toe next to LF (6:00)

Sec. 4 Grapevine x 2

- 1-4 Step RF to Right side, Cross LF behind RF, Step RF to Right side, Touch Left Toe next to RF
- 5-8 Step LF to Left side, Cross RF behind LF, Step LF to Left side, Touch Right Toe next to LF

Tag Wall 3 (12:00), Restart

Sec. 5 Right Rocking Chair, Side Rock/Recover, Forward Rock/Recover

- 1,2 Rock forward on RF, Recover weight on LF
- 3,4 Rock back on RF, Recover weight on LF
- 5,6 Rock to Right side on RF, Recover weight on LF
- 7,8 Rock forward on RF, Recover weight on LF

Sec. 6 Full Right Shuffle Turn, Rock/Recover, Walk x 2

- 1&2 Turn ¼ Right stepping RF (9:00), LF next to RF, Step ¼ Turn Right on RF (12:00)
- 3&4 Turn ¼ Right Stepping LF (3:00), Step RF next to LF, Step back on LF turning ¼ to Right (6:00)
- 5,6 Rock back on RF, Recover weight on LF
- 7,8 Walk forward on RF, LF

Sec. 7 Diagonal Shuffle x 2, Scuff Heel, ¼ Turn Left

- 1&2 Step RF forward on Right diagonal leading with Right Hip (7:00), Slide LF next to RF, Step RF forward on same diagonal
- 3&4 Step LF forward on Left diagonal leading with Left Hip (5:00), Slide RF next to LF, Step LF forward on same diagonal
- 5,6 Scuff Right Heel forward (on square), recover weight on RF (6:00)
- 7,8 Turn ¼ Left stepping LF forward (3:00), touch Right Toe next to LF

Sec. 8 Back/Forward Mambos w/ Holds

- 1-4 Step back on RF, Recover weight forward on LF, Step RF next to LF, HOLD
- 5-8 Step forward on LF, Recover weight back on RF, Step LF next to RF, HOLD

Tag Side Touch x 2

- 1,2 Step RF to Right side, Touch Left Toe next to RF

3,4 Step LF to Left side, Touch Right Toe next to LF

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Last Update: 17 Sep 2024
