

Bad Habit

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Annette Haslund (DK) - August 2019
音乐: Bad Habit - Sarah Darling : (Album: Angels & Devils - iTunes)



Intro (16 count) restart and tag

R BASIC NC, SIDE BEHIND SIDE CROSS, SIDE ROCK CROSS, TURN, TURN CROSS

1-2& Step R to R side, rock L behind R, recover on R
3-4&5 Step L to L side, cross R behind L, step L to L side, cross R over L
6&7 Rock L to L side, recover on R, cross L over R
&8& ¼ turn L step back on R, ¼ turn L step L to side, cross R over L

L BASIC NC, SIDE BEHIND SIDE CROSS, SIDE ROCK CROSS AND CROSS

1-2& Step L to L side, rock R behind L, recover on L
3-4&5 Step R to R side, cross L behind R, step R to R side, cross L over R
6&7&8 Rock R to R side, recover on L, cross R over L, step L to L side, cross R over L

SWAY X4, ¼ TURN CROSS, SIDE, L CHASSE, ROCK AND TURN

1-4 Sway L-R-L-R
&5 Make a ¼ turn L crossing L over R, step R to R side
6&7 Step L to L side, step R beside L, step L to L side
8&1 Rock R over L, recover on L, ** turn ¼ R step R forward
** Restart wall 5

L LOCK STEP, STEP, L BACK LOCK STEP, COASTER, ¼ TURN CROSS

2&3 Step L forward, lock R behind, step L forward
4 Step R forward
5&6 Step L back, lock R over L, step L back
7&8 Step R back, step L beside R, step R forward ***
& Make a ¼ turn L crossing L over R *

* TAG wall 1 & 3

*** Ending

DANCE AND ENJOY

TAG * After wall 1 & 3 (full figure of 8)

1-2& Step R to R side, step L behind R, ¼ turn R stepping R forward
3-4& Step L forward, ½ turn R (weight on R), ¼ turn R stepping L to L
5-6& Step R behind L, ¼ turn L step L forward, step R forward
7-8& ½ turn L (weight on L), ¼ turn L stepping R to R side, step L beside R

RESTART ** At wall 5 in section 3 after - Rock and..

8& Rock R over L, recover, ... restart

ENDING *** Wall 7 facing 12 o'clock - after 32 count - skip the last ¼ turn and replace

&1 Step forward L, R

Contact: ahfpost-dance@yahoo.dk