

Bad Habits

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Julie Gillmore (UK) - June 2021
音乐: Bad Habits - Ed Sheeran



Intro 16 Counts on start of vocals

Sec 1 FORWARD ROCK, SIDE ROCK, SAILOR ¼ TURN, WALK x 2

- 1-2 Rock forward on right, recover onto left
- 3-4 Rock right to right side, recover onto left
- 5&6 Step right behind left, ¼ turn right stepping left to left side, step right to right side (facing 3 o'clock)
- 7-8 Walk forward left, walk forward right

Sec 2 FORWARD ROCK, SHUFFLE ½ TURN, PIVOT ¼ TURN, FORWARD SHUFFLE

- 1-2 Rock forward on left, recover onto right
- 3&4 Shuffle ½ turn left stepping left right left (facing 9 o'clock)
- 5-6 Step forward on right, pivot ¼ turn left (facing 6 o'clock)
- 7&8 Shuffle forward stepping right left right

Sec 3 FORWARD ROCK, SIDE ROCK, SAILOR ¼ TURN, WALK x 2

- 1-2 Rock forward on left, recover onto right
- 3-4 Rock left to left side, recover onto right
- 5&6 Step left behind right, ¼ turn left stepping right to right side, step left to left side (facing 3 o'clock)
- 7-8 Walk forward right, walk forward left

Sec 4 FORWARD ROCK, SHUFFLE ½ TURN, PIVOT ¼ TURN, CROSS SHUFFLE

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle ½ turn right stepping right left right (facing 9 o'clock)
- 5-6 Step forward on left, pivot ¼ turn right (facing 12 o'clock)
- 7&8 Cross left over right, step right to right side, cross left over right

Sec 5 SWAY RIGHT LEFT RIGHT LEFT, ROCKING CHAIR

- 1-2 Sway to right side, sway to left side
- 3-4 Sway to right side, sway to left side (restart here during wall 3)
- 5-6 Rock forward on right, recover onto left
- 7-8 Rock back on right, recover onto left

Sec 6 SHUFFLE ½ TURN, ROCK BACK RECOVER, SHUFFLE ½ TURN ROCK BACK RECOVER

- 1&2 Turn ½ turn left stepping back right left right (facing 6 o'clock)
- 3-4 Rock left back, recover onto right
- 5&6 Turn ½ right stepping back left right left (facing 12 o'clock)
- 7-8 Rock right back, recover onto left

Sec 7 FULL TURN SHUFFLE, STEP PIVOT 1/2 SHUFFLE

- 1-2 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left

Option: Walk forward right, Walk forward left

- 3&4 Step forward right, close left beside right, step forward onto right
- 5-6 Step forward on left, pivot ½ turn right (facing 6 o'clock)
- 7&8 Step forward on left, close right beside left, step forward onto left

Sec 8 FULL TURN, SHUFFLE, ROCK RECOVER, COASTER STEP

- 1-2 Half turn left stepping back on right, half turn left stepping forward on left (can replace full turn with 2 x walks right left)
- 3&4 Step right forward, close left beside right, step right forward
- 5-6 Rock forward on left, recover onto right
- 7&8 Step back on left, step right beside left, step forward onto left

RESTART DURING WALL 3

Dance up to count 36 you will be facing 12 o'clock

Last Update - 1 July 2021
