

My Bad Habits

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lucy Cooper (UK) - June 2021
音乐: Bad Habits - Ed Sheeran



Intro: 16 counts

Behind, Sweep ¼ L, Coaster Step, ½ Pivot L, Side Mambo, Cross

1 2 Cross right behind left sweeping left behind turning ¼ left (9.00)
3&4 Step left back, step right back, step left forward
5 6 Step right forward, pivot ½ left (weight ending on the left) (3.00)
7&8 Rock right out to the side, recover onto left, cross right over left

Point, Cross, Point, Forward, Heel Lift, Recover, R Coaster Step, Forward

1 2 Point left to left side, cross left over right
3 4& Point right to right side, step right forward, lift heels rolling onto toes
5 6& Put weight down onto left foot, step right back, step left back
7 8 Step right forward, step left forward

¼ Pivot L, Cross, ½ R, Side w. L Sweep, Cross, Side

1 2 Step right forward, pivot ¼ left (ending weight on left) (12.00)
3 4 Cross right over left, Step left back turning ¼ right (3.00)
5 6 Step right to side turning ¼ right sweeping left round to front (6.00)
7 8 Cross left over right, step right to side

Back Rock, Recover, ½ Turn R, Cross, Back ¼ L, L Coaster Step

1 2 Rock left back, recover onto right
3 4 Step left back turning ¼ right, step right to side turning ¼ right, (12.00)
5 6 Cross left over right, step right back turning ¼ L (9.00)
7&8 Step left back, step right back, step left forward

R Touch w. Hip Bump, L Touch w. Hip Bump, Forward Rock, Recover, Back, Together, Forward

1&2 Touch right forward bumping hip right, recover hip left, step right down
3&4 Touch left forward bumping hip left, recover hip right, step left down

(Restart here on wall 3)

5 6& Rock right forward, recover onto left, step right back
7 8 Step left beside right, step right forward (prepare to pivot L from here)

½ Pivot , Forward R Lock, Forward Rock, Recover, Side Rock, Back Rock (turn L corner)

1 2& Pivot ½ L (ending with weight on left), step right forward, lock left behind (3.00)
3 4 Step right forward, rock left forward
5 6& Recover onto right, rock left to side turning to left diagonal, recover onto right (1.30)
7 8 Rock left back, recover onto right (still facing left diagonal)

To diagonals, Forward, Hook ½ Turn R, Walk Walk, Forward, Hook ½ Turn L, Walk Walk

1 2 Step left forward, ½ pivot R (weight left) brushing the right into a hook, (7.30)
3 4 Walk right forward, walk left forward
5 6 Step right forward, ½ pivot L (weight right) brushing the left into a hook, (1.30)
7 8 Walk left forward, walk right forward

Cross, Side 1/8 L, Side Rock 1/8 L, Recover, Cross, Point, Touch, kick

1 2 Cross left over right, step back on right turning 1/8 L (12.00)
3 4 Rock left to side turning 1/8 L, recover right to side (9.00)

5 6 Cross left over right, point right to right side
7 8 Touch right next to left, kick right to right side

Restart - Wall 3, Restart after 36 counts, facing 3.00.
