

# Bad Habits

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - July 2021  
音乐: Bad Habits - Ed Sheeran : (Amazon & iTunes)



Intro: 16 counts, start on vocals

## S1: WALK, ¼ HITCH, SIDE, TORQUE/LOOK, ¼, ½, BACK, TOUCH/SIT

- 1-2            Walk forward on left, ¼ left hitching right knee up and raising right hip [9:00]  
3-4            Step right to right side, Torque upper body to right looking to right and pointing left toe to left side  
5-6            ¼ left stepping slightly forward on left, ½ left stepping back on right [12:00]  
7-8            Step back on left, Touch right in front of left sitting back on left bending knees

## S2: WALK, ½, BACK, TOUCH, WALK, ½, ½ SHUFFLE

- 1-2            Walk forward on right, ½ right stepping back on left [6:00]  
3-4            Step back on right, Touch left in front of right  
5-6            Walk forward on left, ½ left stepping back on right [12:00]  
7&8           ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [6:00]

## S3: WALK, HOLD & ROCK, RECOVER, BACK, BACK, BACK ROCK

- 1-2&          Walk forward on right, HOLD, Step left next to right  
3-4            Rock forward on right, Recover on left  
5-6            Walk back on right popping left knee, Walk back on left popping right knee  
7-8            Rock back on right popping left knee, Recover on left

## S4: ¼ SIDE, HOLD &, SIDE, HOLD &, SIDE ROCK, BEHIND SIDE CROSS

- 1-2&          ¼ hinge turn left stepping right to right side, HOLD, Step left next to right [3:00]  
3-4&          Step right to right side, HOLD, Step left next to right

### Optional styling: shoulder rolls on counts 1-2 and 3-4

(while dropping right shoulder raise left and roll shoulders)

- 5-6            Rock right to right side, Recover on left  
7&8            Cross right behind left, Step left to left side, Cross right over left \*Tag & Restart Wall 3

## S5: SIDE, TOGETHER, WALK, R SHUFFLE, ROCK, RECOVER, ½ SHUFFLE

- 1-2-3          Step left to left side, Step right next to left, Walk forward on left  
4&5            Step forward on right, Step left next to right, Step forward on right  
6-7            Rock forward on left, Recover on right  
8&1            ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [9:00]

## S6: WALK, WALK, ANCHOR STEP, BACK, ANCHOR STEP

- 2-3            Walk forward on right, Walk forward on left,  
4&5            Lock right behind left, Step weight on left, Step slightly back on right  
6                Step back on left  
7&8            Cross right over left, Step weight on left, Step slightly forward on right

## S7: CROSS, SWEEP, CROSS SWEEP, CROSS, ¼ BACK & CROSS, SIDE

- 1-2            Cross left over right, Ronde sweep right from back to front  
3-4            Cross right over left, Ronde sweep left from back to front  
5-6&          Cross left over right, ¼ left stepping back on right, Step left next to right [6:00]  
7-8            Cross right over left, Step left to left side

## S8: BACK/Drag, BACK/Drag, BACK/SIT, RECOVER, WALK, STEP LOCK

1-2 Walk back on right dragging left to meet right  
3-4 Walk back on left dragging right to meet left  
5-6 Sit back on right bending knees, Recover on left  
7-8& Walk forward on right, Step forward on left, Lock right behind left

**\*TAG & RESTART: After 32 counts of Wall 3, dance the 4 count tag:**

**SIDE, TOUCH, ¼ SIDE, TOUCH**

1-2 Step left to left side, Touch right next to left  
3-4 ¼ right stepping right to right side, Touch left next to right [6:00]

**Then restart the dance from the beginning facing [6:00]**

**ENDING: Dance 32 counts of Wall 8, then turn ¼ right ronde hitching left knee across right. Step forward on left and point right arm and first finger forward on the last word "you" [12:00].**

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808  
<https://www.facebook.com/gary.reilly.104> - [www.thelifeoreillydance.com](http://www.thelifeoreillydance.com)  
Maggie Gallagher - +44 7950291350  
[www.facebook.com/maggiegchoreographer](http://www.facebook.com/maggiegchoreographer) - [www.maggieg.co.uk](http://www.maggieg.co.uk)

---