

Habits

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Mimmi Danielsson (SWE) - July 2021
音乐: Bad Habits - Ed Sheeran



Intro spotify version: 16 counts from start of music

Sequence: AA BBB Tag AA BBB A BBB Ending

Part A (32 counts)

A:1 - Rumba box

1,2 Step RF to R side, Step LF together
3,4 Step RF back, touch LF next to RF
5,6 Step LF to L side, Step RF together
7,8 Step LF forward, touch RF next to LF

A:2 - 3x Toe strut, Cross Rock Step

1,2 Step R toe to R side, step down on R heel
3,4 Step L toe behind RF, step down on L heel
5,6 Step R toe to R side, step down on R heel
7,8 Cross LF over RF, recover on RF

A:3 - Shuffle ½ Turn, 2x Side Touch

1,2 Turn ¼ L stepping down on LF, step RF next to LF
3,4 Turn ¼ L cross LF over RF, scuff RF next to LF
5,6 Step RF to R side, touch LF next to RF
7,8 Step LF to L side, touch RF next to LF

A:4 - Rock Step, Triple ¾ Turn, Rock Step, Coaster Step

1,2 Rock RF forward, recover on LF
3&4 Triple RF, LF, RF in place turning ¾ to R
5,6 Rock LF forward, recover on RF
7&8 Step back on LF, step RF next to LF, step LF forward

Part B (32 counts)

B:1 - 4x Touch Fwd

1,2 Point RF over LF, RF to R side
3,4 Point LF over RF, LF to L side
5,6 Point RF over LF, RF to R side
7,8 Point LF over RF, LF to L side

B:2 - Modified Monterey, Rock Step

1,2 Touch R toe to R side, make a ¼ turn R on ball of LF, stepping RF next to LF
3,4 Touch L toe to L side, step LF next to RF
5,6 Touch R toe to R side, make a ¼ turn R on ball of LF, stepping RF next to LF
7,8 Rock LF fwd, recover on RF

B:3 - L Shuffle Back, Rock Step, R Shuffle Fwd, Paddle ¼ Turn

1&2 Step LF back, Step RF together, Step LF back
3,4 Rock RF back, recover on LF
5&6 Step RF fwd, Close LF next to RF, Step RF Fwd
7,8 Step fwd on LF, Push ¼ turn R recovering weight onto RF

B:4 - Padel ¼ Turn, Rocking Chair, Chasse ¼ Turn

1,2 Step fwd on LF, Push ¼ turn R recovering weight onto RF
3,4 Rock LF fwd, recover on RF
5,6 Rock LF back, recover on RF
7&8 Step LF fwd, close RF next to LF, turn ¼ R stepping LF to L side

Tag - Jazzbox

1,2 Cross RF over LF, Step LF back
3,4 Step RF to R side, Cross LF over RF

Start over

Ending: Turn ½ R stepping down on RF

Enjoy and good luck

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