Bad Habits Easy



拍数: 32 墙数: 2 级数: Beginner

编舞者: Esmeralda van de Pol (NL) - July 2021

音乐: Bad Habits - Ed Sheeran



Floorsplit with the Intermediate dance from Maggie Gallagher and Gary O'Reilly

Intro: 16 counts

SIDE, BACK ROCK, CHASSE L, BACK ROCK, SHUFFLE FWD

Step RF to R side, Rock LF back, Recover weight on RF 1-2-3 4&5 Step LF to L side, Step RF next to LF, Step LF to L side

6-7 Rock RF back, Recover weight on LF

Step RF fwd, Step LF next to RF, Step RF fwd 8&1

FWD ROCK, SHUFFLE BACK, ROCK BACK, CHASSE R

2-3 Rock LF fwd, Recover weight on RF

Step LF back, Step RF next to LF, Cross LF back 4&5

6-7 Rock RF back, Recover weight on LF

Step RF to R side, Step LF next to RF, Step RF to R side 8&1

CROSS ROCK FWD, CHASSE 1/4 TURN, PIVOT 1/4 TURN, CROSS SHUFFLE

2-3 Rock LF across RF, Recover weight on RF

4&5 Step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd

6-7 Step RF fwd, 1/4 turn L-weight on LF

Cross RF over LF, Step LF to L side, Cross RF over LF 8&1

HOLD, & CROSS, HOLD, SIDE ROCK, CROSS, CHASSER

2&3-4 Hold, Step LF to L side, Cross RF over LF, Hold

5-6-7 Rock LF to L side, Recover weight on RF, Cross LF over RF 7&8 Cross LF over RF, Step RF to R side, Cross LF over RF 8&1 Step RF to R side, Step LF next to RF, Step RF to R side

Tag: After wall 5 (facing 06.00) SIDE ROCK, BACK ROCK

1-2 Rock RF to R side, Recover weight on LF Rock RF back, Recover weight on LF 3-4

Dance With Esmeralda Esmeralda v.d. Pol www.esmeralda-dancers.com

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