

# Really Bad Habits

COPPERKNOB  
BYEPOSTETS

拍数: 34      墙数: 4      级数: Intermediate  
编舞者: Ian Dunn (AUS)  
音乐: Copenhagen - Chris LeDoux



## RIGHT CROSS, RETURN, RIGHT, SCUFF, LEFT CROSS, RETURN, LEFT SCUFF, SHUFFLE FORWARD, FULL TURN

- 1&2&      Cross/step right over left, weight back on left, step right beside left, scuff left beside right (12:00)  
3&4&      Cross/step left over right, weight back on right, step left beside right, scuff right beside left  
5&6      Shuffle forward right-left-right  
7&8      Stepping forward on left full turn turn left (left-right-left) moving forward

## KICK, KICK, STEP, TAP, HEEL LEFT-RIGHT-LEFT, ROCK FORWARD, BACK SHUFFLE

- 1&      Kick right foot forward 45 degrees left, kick right foot forward 45 degrees right  
2&      Step right foot slightly forward, tap left toe back behind right foot  
3      Stepping back left place right heel at 45 degrees right forward  
&      Stepping back right place left heel at 45 degrees left forward  
4      Stepping back left place right heel at 45 degrees right forward  
5-6      Rock back on right, forward on left  
7&8      Shuffle forward right-left-right (prepare left for the cross start swing forward)

## CROSS, SIDE, BEHIND, SIDE, HEEL GRIND, HEEL GRIND, CROSS UNWIND, SIDE SHUFFLE

- 1&2&      Cross left over right, step right to right side, cross left behind right, step right to right side  
3&4&      Cross left over right on left heel, step right to right side, cross left over right on left heel, step right to right side  
5-6      Cross left over right unwind full turn right  
7&8      Side shuffle left-right-left

## SAILOR SHUFFLE, SHUFFLE FORWARD, HOOK, BACK, COASTER STEP TOUCH

- 1&2      Step right behind left, step left to left side, step right forward  
3&4      Shuffle forward left-right-left  
5-6      Step right forward, hook left foot behind right leg  
7&8&      Step back on left foot, step back on right foot, step left forward, touch right beside left

## SPLIT, TAP, SCUFF

- 1      Step back on right foot turning  $\frac{1}{4}$  turn left place left heel forward  
2&      Replace weight on left foot, tap right toe beside left foot, scuff right foot across left foot

## REPEAT

The dance is phrased to the verses, each verse is 34 counts. Last wall (wall 7) is danced facing 6:00. On that wall, an extra 4 beats are added to finish the dance to the front wall. After the last two beats completing a  $\frac{1}{4}$  pivot turn (split, tap, scuff), you are now facing 3:00. Dance the following to finish the dance:

- 1&2      Shuffle forward right-left-right, step left forward pivot turn  $\frac{3}{4}$  turn right on the ball of left foot  
4      Stomp right forward with hands out to the sides bending left knee

This dance was choreographed to the front wall with only one direction change to allow the beginners dance "bad habits" to be used on a split floor both dances move in the same direction at the same time to avoid confusion the song was too good to only allow one group to enjoy it.