

Bad Habits

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



STEP RIGHT, TOUCH, SHUFFLE FORWARD, STEP RIGHT, TOUCH, SHUFFLE FORWARD

1-2 Step right foot forward, touch left toe beside right
3&4 Shuffle forward left-right-left
5-6 Step right foot forward, touch left toe beside right
7&8 Shuffle forward right-left-right

ROCK FORWARD, BACK, COASTER STEP, STEP FORWARD, TAP, SCUFF, SCUFF, SCUFF

1-2 Rock/step right forward, rock back onto left
3&4 Step right back, step left back beside right, step right forward
5-6 Step left forward, tap right toe beside and slightly back of left foot
7&8 Scuff right forward, scuff right back across left leg (angle cross), scuff right forward (single cross)

RIGHT SIDE, LEFT BEHIND, SIDE SHUFFLE, ROCK BACK, FORWARD, SIDE SHUFFLE

1-2 Step right to right side, step left behind right
3&4 Shuffle to right side right-left-right
5-6 Rock/step left behind right foot, rock weight back onto right foot
7&8 Shuffle to left side left-right-left

ROCK BACK, FORWARD, SHUFFLE FORWARD, LEFT FORWARD, BACK COASTER STEP

1-2 Rock back on right foot, rock weight forward on to left foot
3&4 Shuffle forward right-left-right
5-6 Step left forward, rock weight back onto right foot
7&8 Step left back, step right back beside left, step left forward

RIGHT FORWARD, ¼ TURN LEFT

1-2 Step right forward (keeping weight on left foot) pivot ¼ turn left

REPEAT

Last wall (wall 7) is danced facing 6:00 (back wall). An extra 4 beats are added to finish the dance to the front wall. After the ¼ turn pivot turn you face 3:00 (right wall) dance the following:

1&2 Shuffle forward right-left-right
3 Step left forward pivot turn ¾ turn right on the ball of left foot
4 Stomp right forward with hands out to the sides bending left knee