

Bad Habit

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Julia Wetzel (USA) - June 2017
音樂: Bad Habit - Imelda May : (Album: Life Love Flesh Blood - 4:42, Fade track out starting at 3:20 recommended / Short Version - 3:31)



Intro: 32 counts with start of lyrics "Went for a walk" (15 sec. into track)

[1 – 8] Prissy Walks, Side Rock, Step, ¼ Hitch

1 - 4 Step R fw slightly cross L (1), Hold (2), Step L fw slightly cross R (3), Hold (4) □12:00
5 - 8 Rock R to right side (5), Recover on L (6), Step R fw or slightly cross L (7), Hitch L and turn ¼ right on R (8) □3:00

[9 – 16] Cross, Point, Cross Point, Cross, ¼, ¼ Kick-Ball-Cross

1 - 4 Cross L over R (1), Point R to right side (2), Cross R over L (3), Point L to left side (4) □3:00
5, 6, 7&8 Cross L over R (5), ¼ Turn left step R back (6), ¼ Turn left kick L fw slightly across R (7), Step ball of L next to R (&), Cross R over L (8) □9:00

[17 – 24] Out, Hip, Out, Hip, In, Cross, Point, ¼ Monterey Turn

1 - 4 Step ball of L out to left side (1), Step L down and push hip left (2), Step ball of R out to right side (3), Step R down and push hip right (4) □9:00
5 - 8 Step L in to center (5), Cross R over L (6), Point L to left side (7), ¼ Turn left on R step L next to R (8) □6:00

[25 – 32] Side, Hold, &, Side, Hold, &, Side Rock, Behind, ¼

1, 2&3, 4& Step R to right side (1), Hold (2), Step L next to R (&), Step R to right side (3), Hold (4), Step L next to R (&) Body Roll Option: ¼ turn left touch R back and roll body back (1), Step R down (2), Step L next to R (&). Repeat body roll for (3, 4&), then make ¼ turn right before the following R side rock (5) □6:00
5 - 8 Rock R to right side (5), Recover on L (6), Step R behind L (7), ¼ Turn left step L fw (8) □3:00

[33 – 40] Toe Strut, ½ Toe Strut, Back Rock, Kick-Ball-Step

1 - 4 Touch R toe fw (1), Step R heel down (2), ¼ Turn right touch L toe to left side (3), ¼ Turn right step L heel down (4) □9:00
5, 6, 7&8 Rock R back (5), Recover on L (6), Kick R fw (7), Step ball of R next of L (&), Sm. step L fw (8) □9:00

[41 – 48] Walk, Walk, Touch, &, Touch, &, Cross, Hold, ½ Unwind Hip Bumps

1, 2, 3&4& Step R fw (1), Step L fw (2), Touch R toe fw (3), Step R next to L (&), Touch L toe fw (4), Step L next to R (&) □9:00
5 - 8 Cross R over L (5), Hold (6), Unwind ½ turn left over 2 counts by bumping hip to right (CCW) twice ending with weight on L (7-8) □3:00

[49 – 56] Syncopated Rocks, Walk, Walk, Step, ¼ Pivot

1, 2&3, 4& Rock R to right side (1), Recover on L (2), Step R next to L (&), Rock L to left side (3), Recover on R (4), Step L next to R (&) □3:00
5 - 8 Step R fw (5), Step L fw (6), Step R fw (7), Pivot ¼ turn left step L to left side (8) □12:00

[57 – 64] Cross Toe Strut, Back Toe Strut, Side, Cross, Side, ¼ Hop-Flick

1 - 4 Touch R toe across L (1), Step R heel down (2), Touch L toe back (3), Step L heel down (4)
Styling: Shimmy shoulders while doing toe struts, especially on Wall 3 □12:00
5 - 8 Step R to right side (5), Cross L over R (6), Step R to right side (7), ¼ Turn left hop L next to R and flick R back (8) □9:00

Tag: □ At the end of Wall 4 facing 12:00, do the following 16 counts before starting Wall 5 facing 12:00.

Optional Styling: Snap fingers on Hold counts □

1 - 8 Prissy Walk R (1), Hold (2), Walk L (3), Hold (4), Walk R (5), Hold (6), Step L fw (7), ½ Turn right step R next to L (8) □ 6:00

9 - 16 Prissy Walk L (1), Hold (2), Walk R (3), Hold (4), Walk L (5), Hold (6), Step R fw (7), ½ Turn left step L next to R (8) □ 12:00

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