

# My Bad Habits

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lucy Cooper (UK) - June 2021  
音樂: Bad Habits - Ed Sheeran



Intro: 16 counts

## Behind, Sweep ¼ L, Coaster Step, ½ Pivot L, Side Mambo, Cross

1 2      Cross right behind left sweeping left behind turning ¼ left (9.00)  
3&4      Step left back, step right back, step left forward  
5 6      Step right forward, pivot ½ left (weight ending on the left) (3.00)  
7&8      Rock right out to the side, recover onto left, cross right over left

## Point, Cross, Point, Forward, Heel Lift, Recover, R Coaster Step, Forward

1 2      Point left to left side, cross left over right  
3 4&      Point right to right side, step right forward, lift heels rolling onto toes  
5 6&      Put weight down onto left foot, step right back, step left back  
7 8      Step right forward, step left forward

## ¼ Pivot L, Cross, ½ R, Side w. L Sweep, Cross, Side

1 2      Step right forward, pivot ¼ left (ending weight on left) (12.00)  
3 4      Cross right over left, Step left back turning ¼ right (3.00)  
5 6      Step right to side turning ¼ right sweeping left round to front (6.00)  
7 8      Cross left over right, step right to side

## Back Rock, Recover, ½ Turn R, Cross, Back ¼ L, L Coaster Step

1 2      Rock left back, recover onto right  
3 4      Step left back turning ¼ right, step right to side turning ¼ right, (12.00)  
5 6      Cross left over right, step right back turning ¼ L (9.00)  
7&8      Step left back, step right back, step left forward

## R Touch w. Hip Bump, L Touch w. Hip Bump, Forward Rock, Recover, Back, Together, Forward

1&2      Touch right forward bumping hip right, recover hip left, step right down  
3&4      Touch left forward bumping hip left, recover hip right, step left down

### (Restart here on wall 3)

5 6&      Rock right forward, recover onto left, step right back  
7 8      Step left beside right, step right forward (prepare to pivot L from here)

## ½ Pivot , Forward R Lock, Forward Rock, Recover, Side Rock, Back Rock (turn L corner)

1 2&      Pivot ½ L (ending with weight on left), step right forward, lock left behind (3.00)  
3 4      Step right forward, rock left forward  
5 6&      Recover onto right, rock left to side turning to left diagonal, recover onto right (1.30)  
7 8      Rock left back, recover onto right (still facing left diagonal)

## To diagonals, Forward, Hook ½ Turn R, Walk Walk, Forward, Hook ½ Turn L, Walk Walk

1 2      Step left forward, ½ pivot R (weight left) brushing the right into a hook, (7.30)  
3 4      Walk right forward, walk left forward  
5 6      Step right forward, ½ pivot L (weight right) brushing the left into a hook, (1.30)  
7 8      Walk left forward, walk right forward

## Cross, Side 1/8 L, Side Rock 1/8 L, Recover, Cross, Point, Touch, kick

1 2      Cross left over right, step back on right turning 1/8 L (12.00)  
3 4      Rock left to side turning 1/8 L, recover right to side (9.00)

5 6            Cross left over right, point right to right side  
7 8            Touch right next to left, kick right to right side

**Restart - Wall 3, Restart after 36 counts, facing 3.00.**

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