

Bad Habits

拍數: 80 牆數: 4
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音樂: Bad Habits - Ed Sheeran



Intro: Begin 16 counts.

Sequence: AA B CCC Hold AA B CCC AA CC

PART A: (16 Counts)

Step, Sweep, Step, Sweep, Jazz Box, Drag

- 1-2 Step forward on right foot, sweep left foot in front of right
- 3-4 Step forward on left foot, sweep right foot in front of left
- 5-6 Cross step right foot over left, step back on left foot
- 7-8 Step back on right foot, drag left foot next to right (weight stays on right foot)

Rock, Recover, Step, ¼ Turn, ½ Turn Jazz Box, Drag

- 1-2 Rock back on left foot, recover weight to right foot
- 3-4 Step forward on left foot, pivot ¼ turn right
- 5-6 Cross step left foot over right, pivot ¼ turn left stepping back on right foot
- 7-8 Pivot ¼ turn left stepping left foot to left side, drag right foot next to left

PART B: (32 Counts)

Cross, Hold, Syncopated Weave Left, Cross, Hold, Syncopated Weave Left

- 1-2 Cross step right foot over left, hold
- &3-4 Step left foot to left side, step right foot behind left, step left foot to left side
- 5-6 Cross step right foot over left, hold
- &7-8 Step left foot to left side, step right foot behind left, step left foot to left side

Cross Rock, Recover, ¼ Turn Shuffle, Rock, Recover, Full Turn Left

- 1-2 Cross rock right foot over left, recover weight back to left foot
- 3&4 Step right foot to right side, step left foot next to right, pivot ¼ turn right stepping forward on right foot
- 5-6 Rock forward on left foot, recover weight back to right foot
- 7 Pivot ½ turn left, stepping forward on left foot
- 8 Pivot ½ turn left, stepping back on right foot

Sweep Step, Hold, Syncopated Weave Right, Cross Step, Hold, Syncopated Weave Right

- 1-2 Sweep and cross step left foot behind right, hold
- &3-4 Step right foot to right side, step left foot across right, step right foot to right side
- 5-6 Cross step left foot behind right, hold
- &7-8 Step right foot to right side, step left foot across right, step right foot to right side

Cross Rock, Recover, ¼ Turn Shuffle, Rock, Recover, ½ Turn Left, Walk

- 1-2 Cross rock left foot over right, recover weight back to right foot
- 3&4 Step left foot to left side, step right foot next to left, pivot ¼ turn left stepping forward on left foot
- 5-6 Rock forward on right foot, recover weight back to left foot
- 7 Pivot ½ turn right, stepping forward on right foot
- 8 Step forward on left foot

PART C: (32 Counts)

Wizard Right, Wizard Left, Rock, Recover, ¼ Turn Chasse

- 1-2& Step forward on right foot, lock step left behind right, step forward on right foot
3-4& Step forward on left foot, lock step right behind left, step forward on left foot
5-6 Rock forward on right foot, recover weight back to left
7&8 Turn $\frac{1}{4}$ turn right stepping right foot to right side, step left foot next to right, step right foot to right side

Point, Point, Step Back, Point, $\frac{1}{4}$ Turn Jazz Box

- 1-2 Point left toe forward, point left toe to left side
3-4 Step left foot behind right foot, point right toe to right side
5-6 Cross step right foot over left, pivot $\frac{1}{4}$ turn right stepping back on left foot
7-8 Step right foot to right side, cross step left over right

Step, $\frac{1}{4}$ Turn Hitch, Step, $\frac{1}{4}$ Turn Hitch, Syncopated Weave, Rock, Recover

- 1-2 Step the right foot to right side, pivot a $\frac{1}{4}$ turn left and lift left leg
3-4 Step left foot in place, pivot a $\frac{1}{4}$ turn right and lift right leg
5&6 Step right foot behind left foot, step left foot to left side, cross step right foot over left
7-8 Step left foot to left side, recover weight back on right foot

Left Sailor Step, Back Rock, Recover, Step, $\frac{1}{2}$ Turn Left, Walk, Walk

- 1&2 Step left foot behind right, step right foot to right side, step left foot to left side
3-4 Rock back on right foot, recover weight back to left
5-6 Step forward on right foot, pivot $\frac{1}{2}$ turn left
7-8 Walk forward on right foot, walk forward on left foot

After the first 3 cycles of Part C, hold for about 2 counts, restart on lyrics with Part A

Begin again and remember.....have fun!
