

Bad Habits

拍數: 64 牆數: 1 級數: Phrased
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音樂: Bad Habits - Ed Sheeran



Dance structure : A,A,B,B,B, Tag , A, A,B,B,B, A,B,B, final
Intro : 16 counts

Partie A :

Side step R, behind L, 1/4 turn R , Step FW R , Step FW L, Step turn 1/2 L , Step FW R , Point L side

1-2 Side rock R, Cross step L behind R
3-4 1/4 turn R step forward R, Step forward L 9:00
5-6 Step forward R, 1/2 turn L, Step forward L
7-8 Step forward R, Point L to L

Sailor step , Sailor step 1/4 turn R , Rock forward L , Coaster Step L

1&2 Cross L behind R, Side step R, Step forward L on diagonal L
3&4 Cross R behind L, 1/4 turn to R ,Side step L together R ,Step forward R 12:00
5-6 Rock forward L, Recover on R
7&8 Step back L, Step R together, Step forward L

Triple step R, Step turn 1/4 R, Triple cross step L,R,L Side rock R

1&2 Side step R , Step together L , Side step R
3-4 Step forward L , 1/4 turn to R , Weight on R 3:00
5&6 Cross L over R , Side step R to R, Cross L over R
7-8 Rock side R to R, Recover on L

Behind side Forward R, Step turn 1/4 R, Sailor step 1/2 turn L, Point R, Touch R

1&2 Cross R behind L, Step side L to L, Step forward R
3-4 Step forward L , 1/4 turn to R , Weight on R 6:00
5&6 Cross L PG behind R ,1/2 turn to L ,Step R together L, Step forward L 12:00
7-8 Point R to R , Touch R together L

Part B

1&2& Heel forward R, Together ,Heel L , Together
3&4& Point behind R, Together ,Point L behind, Together
5&6& Point R to R , Together , Point L to L, Together
7-8 Point R to R, 1/4 turn to R, Flick R over L knee 3:00

Triple step forward R , Step turn 1/2 R, Triple step forward R , Step turn 1/4 L

1&2 Step forward R, Step L next to R, Step forward R ,
3-4 Step forward L ,1/2 turn to R, Weight on R 9:00
5&6 Step forward L, Step R next to L ,Step forward L
7-8 Step forward R, 1/4 turn to L ,Weight to L 6:00

Rock Forward R, Triple step back , Rock back L, Triple step 1/2 turn R

1-2 Rock forward R ,Recover on L
3&4 Step back R, Step cross L over R, Step back R
5-6 Rock back L, Recover on L
7&8 1/4 turn to R, Step side L to L , Step R next to L,1/4 turn to L,Step back L 12:00

Step back R , Point L to L , Step forward L , Hitch R , Kick ball step R, Big step forward R , Together

1-2 Step back R, Point L to L

3-4 Step forward L , Hitch R
5&6 Kick forward R,R foot next to L, step forward L
7-8 Big walk forward R, together L

Final : step forward R (33 rd time)

Tag : Jazz box

1-2 Cross R over L, step back L, side step R to R ,together L
