

One Bad Habit

拍數: 32 牆數: 4 級數: Improver
編舞者: Wil Bos (NL) - April 2024
音樂: One Bad Habit - Tim McGraw



Info : Intro 16 counts

SEC 1 Side Touch, Side Touch, Rumba Forward, Side Touch, Side Touch, ¼ Side Shuffle

1&2& Step right to right, touch left beside right, step left to left, touch right beside left
3&4 Step right to right, step left beside right, step right forward
5&6& Step left to left, touch right beside left, step right to right, touch left beside right
7&8 Step left to left, step right beside left, turn ¼ left step left forward (9:00)

Restart Here on Wall 7

SEC 2 Mambo Step, Back Mambo, Step ¼ Pivot Cross Sweep, Weave Sweep

1&2 Rock right forward, recover weight onto left, step right back
3&4 Rock left back, recover weight onto right, step left forward
5& Step right forward, pivot ¼ left transferring weight on to left
6 Cross right over left sweeping left from back to front (6:00)
7&8 Cross left over right, step right to right, step left behind right sweeping right from front to back

SEC 3 ¼ Sailor Step, Step ½ Pivot Step, Kick & Heel & Toe Switches

1&2 Turn ¼ right step right behind left, step left to left, step right forward (9:00)
3&4 Step left forward, pivot ½ right transferring weight on to right, step left forward (3:00)
5&6& Kick right forward, step right beside left, touch left heel forward, step left beside right
7&8& Touch right beside left, step right beside left, touch left heel forward, step left beside right

Restart Here on Wall 3

SEC 4 Rock, Full Triple Turn, Rock, Weave

1-2 Rock right forward, recover weight onto left
3&4 Turn ½ right step right forward, turn ½ right step left beside right, step right forward (3:00)

Option Step right back, step left beside right, step right forward

5-6 Rock left forward, recover weight onto right
7&8 Step left behind right, step right to right, cross left over right

Start Again
