

Bad Habits

拍數: 64 牆數: 4 級數: High Improver
編舞者: Sheila Kenny (USA) - September 2024
音樂: Bad Habits - Ed Sheeran



#10 Sec ct./16 count Intro. - 1 Tag, 1 Restart - CW

Sec. 1 Right Rhumba Box w/Holds

1-4 Step RF to Right side, Step LF next to RF, Step RF forward, HOLD
5-8 Step LF to Left side, Step RF next to LF, Step back on LF, HOLD

Sec. 2 Reverse Right Rhumba Box w/Holds

1-4 Step RF to Right side, Step LF next to RF, Step back on RF, HOLD
5-8 Step LF to Left side, Step RF next to LF, Step LF forward, HOLD

Sec. 3 ¼ Left Pivot Turn, Toe Touch, Left Vine w/¼ Turn Left

1,2 Step Right Toe forward, Pivot turn ¼ Left, Recover weight on LF (9:00)
3,4 Touch Right Toe next to LF, Step RF to Right side
5,6 Step LF to Left side, Cross RF behind LF
7,8 Turn ¼ Left stepping on LF, Touch Right Toe next to LF (6:00)

Sec. 4 Grapevine x 2

1-4 Step RF to Right side, Cross LF behind RF, Step RF to Right side, Touch Left Toe next to RF
5-8 Step LF to Left side, Cross RF behind LF, Step LF to Left side, Touch Right Toe next to LF

Tag Wall 3 (12:00), Restart

Sec. 5 Right Rocking Chair, Side Rock/Recover, Forward Rock/Recover

1,2 Rock forward on RF, Recover weight on LF
3,4 Rock back on RF, Recover weight on LF
5,6 Rock to Right side on RF, Recover weight on LF
7,8 Rock forward on RF, Recover weight on LF

Sec. 6 Full Right Shuffle Turn, Rock/Recover, Walk x 2

1&2 Turn ¼ Right stepping RF (9:00), LF next to RF, Step ¼ Turn Right on RF (12:00)
3&4 Turn ¼ Right Stepping LF (3:00), Step RF next to LF, Step back on LF turning ¼ to Right (6:00)
5,6 Rock back on RF, Recover weight on LF
7,8 Walk forward on RF, LF

Sec. 7 Diagonal Shuffle x 2, Scuff Heel, ¼ Turn Left

1&2 Step RF forward on Right diagonal leading with Right Hip (7:00), Slide LF next to RF, Step RF forward on same diagonal
3&4 Step LF forward on Left diagonal leading with Left Hip (5:00), Slide RF next to LF, Step LF forward on same diagonal
5,6 Scuff Right Heel forward (on square), recover weight on RF (6:00)
7,8 Turn ¼ Left stepping LF forward (3:00), touch Right Toe next to LF

Sec. 8 Back/Forward Mambos w/ Holds

1-4 Step back on RF, Recover weight forward on LF, Step RF next to LF, HOLD
5-8 Step forward on LF, Recover weight back on RF, Step LF next to RF, HOLD

Tag Side Touch x 2

1,2 Step RF to Right side, Touch Left Toe next to RF

3,4 Step LF to Left side, Touch Right Toe next to LF

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