

Bad Habit

COPPER KNOB
BY STEPHEN METELNICK

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Kelvin Elvidge (USA)
音樂: Too Many Times Of Two Timin' Me - Janis Leigh



RIGHT STEP BACK, LEFT HEEL TOUCH, LEFT STEP BACK, RIGHT HEEL TOUCH, RIGHT BOOT SLAP, RIGHT APART, HEEL SWIVEL RIGHT & LEFT

- 1-2 On a right diagonal step right foot slightly back, touch left heel forward on left diagonal
- 3-4 Step left foot back on a left diagonal, touch right heel forward on right diagonal
- 5-6 Lift and cross right leg behind left & slap right boot with left hand, step right foot to right side ending with feet about shoulder length apart
- 7-8 Swivel both heels right, swivel both heels left

HEELS BACK TO CENTER & HIP BUMPS RIGHT TWICE, LEFT TWICE, RIGHT, LEFT, PIVOT ½ RIGHT ON LEFT FOOT, RIGHT TOGETHER

- 1-2 Swiveling heels back to center bump hips right twice
- 3-4 Bump hips left twice
- 5-6 Bump hips right, bump hips left ending with weight on left foot (option rock side right, recover weight on left foot)
- 7-8 Raising right foot off the floor pivot ½ right on left foot & step right foot together, touch left foot together (like doing the first 2 counts of a Monterey turn)

VINE LEFT 6, WEAVE RIGHT 2

- 1-4 Step left foot to left side, cross step right foot behind left, step left foot to left side, cross step right foot over left
- 5-6 Step left foot to left side, cross step right foot behind left (turn your body slightly to the right on count 6)
- 7-8 Cross step left foot over right, step right foot to right side

½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS OVER LEFT, VINE RIGHT 2, ¼ LEFT & 2 FORWARD STEP SCUFFS

- & Raise left foot & pivot ½ left on right foot
- 1-2 Step left foot to left side (turn body slightly to the left), cross step right foot over left
- 3-4 Step left foot to left side, cross step right foot behind left
- 5-8 Turn ¼ left & step left foot forward, scuff right foot forward, step right foot forward, scuff left foot forward

WALK BACK 3, RIGHT HITCH WITH ¼ RIGHT TURN, ¼ RIGHT ON RIGHT, LEFT HITCH, ¼ RIGHT ON LEFT, RIGHT HITCH

- 1-4 Walk back left, right, left, hitch right knee up turning ¼ right on right foot
- 5-8 Turn ¼ right on right foot, hitch left knee up, turn ¼ right on left foot, hitch right knee up

RIGHT DIAGONAL FORWARD STEP-SLIDE-STEP-SLAP, LEFT HEEL HOOK TWICE

- 1-4 On a right diagonal step right foot forward, slide left foot together, step right foot forward, cross left leg behind right & slap left boot with right hand
- 5-8 Touch left heel forward on left diagonal, hook left leg across right shin, touch left heel forward on left diagonal, hook left leg across right shin

LEFT DIAGONAL FORWARD STEP-SLIDE-STEP-SLAP, RIGHT HEEL HOOK WITH 1/8 TURN RIGHT-TWICE

- 1-4 On a left diagonal step left foot forward, slide right foot together, step left foot forward, cross right leg behind left & slap right boot with left hand

5-8 Touch right heel forward on right diagonal, hook right leg across left shin & pivot 1/8 right on left foot, touch right heel forward on right diagonal, hook right leg across left shin & pivot 1/8 right on left foot (completing ¼ right turn)

VINE RIGHT, VINE LEFT

1-4 Step right foot to right side, cross step left foot behind right, step right foot to right side, touch left foot together

5-8 Step left foot to left side, cross step right foot behind left, step left foot to left side, touch right foot together

REPEAT

This dance was originally choreographed for up & coming Michigan singer, Janis Leigh & her boot-moving song, Too Many Times of Two Timin' Me, from her CD "This Little Girl". Kelvin & I also choreographed the dance, "Sooner of Later" for her song, Dance With A Stranger.
