

Bad Habits

拍數: 40 牆數: 2 級數: Beginner
編舞者: Lorraine Harvey (AUS)
音樂: If You Can't Be Good, Be Good At It - Neal McCoy



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- 1-8 Touch right heel forward, touch right toe back, touch right heel forward, step down on right (heel strut) rock/step left to side, rock back onto right, step forward on left, pivot turn $\frac{1}{2}$ right stepping forward on right
- 9-16 Touch left heel forward, touch left toe back, touch left heel forward, step down on left (heel strut) rock/step right to side, rock back onto left, step forward on right, pivot turn $\frac{1}{2}$ left stepping forward on left
- 17-24 (Vine right with $\frac{1}{4}$ turn right) step right to right side, step left behind right, turning $\frac{1}{4}$ right step forward on right, step left beside right, step back on right, step left beside right, step forward on right, Hold
- 25-32 Step forward on left, pivot turn $\frac{1}{2}$ right (weight ends on right), step forward on left, lock right behind left, step forward left, scuff right forward, step forward on right pivot turn $\frac{1}{4}$ left (weight on left)
- 33-40 Stomp right slightly forward toes facing 45 degrees left, fan right toes to 45 degrees right, stomp left beside right (both feet facing 45 degrees), fan left toes to left, swivel left heel to left, fan left toes to front, stomp right, left

REPEAT
