

Bad Habits

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Bill Larson (AUS)
音樂: Bad Habits - Billy Fields



STEP LOCK STEP HOLD, FORWARD ROCK ½ TURN LEFT ½ TURN LEFT

1-2-3-4 Step right forward, lock left up behind right, step right forward, hold
5-6 Step left forward, recover weight onto right
7-8 Turning a ½ left step left forward, turning a ½ left step right back

STEP LOCK STEP BACK HOLD, COASTER STEP HOLD

1-2-3-4 Step left back, lock right up against left, step left back hold
5-6-7-8 Step right back, step left beside right, step right forward, hold

STEP LOCK STEP FORWARD HOLD, STEP ROCK ¾ TURN RIGHT, SIDE

1-2-3-4 Step left forward, lock right up behind left, step left forward, hold
5-6 Step right forward, recover weight onto left
7-8 Turning a ¾ right step right to side, step left to side

CROSS STRUT, SIDE STRUT, CROSS STRUT SIDE ROCK

1-2 Cross right toe over left, step down on right foot
3-4 Step left toe to left side, step down on left foot
5-6 Cross right toe over left, step down on right foot
7-8 Step left to side, recover weight onto right

CROSS SIDE BEHIND SIDE CROSS SIDE BACK ROCK

1-2 Cross left over right, step right to side
3-4 Step behind left, step right to side
5-6 Cross left over right, step right to side
7-8 Step left behind right, recover weight onto right

SIDE TOGETHER FORWARD HOLD, SIDE TOGETHER, FORWARD, FORWARD

1-2-3-4 Step left to side, step right beside left, step left forward, hold
5-6-7-8 Step right to side, step left beside right, step right forward, step left forward

FORWARD ROCK TURN CROSS TURN TURN CROSS HOLD

1-2 Step right forward, recover weight onto left
3-4 Turning a ¼ right step right to side, cross left over right
5-6 Turning a ¼ left step right back, turning a ¼ left step left to side
7-8 Cross right over left, hold

SIDE ROCK CROSS HOLD, SIDE HOLD TURN HOLD

1-2-3-4 Step left to side, recover onto right, cross left over right, hold
5-6 Step right side, hold
7-8 Turning a ¾ turn left step left forward, hold (9:00)

REPEAT