

# Bad Habit

拍數: 56      牆數: 2      級數: Improver  
編舞者: Lesley Clark (SCO) - September 2008  
音樂: Out of Habit - BR5-49 : (CD: Big Backyard Beat Show)



**Intro: Start on the word Baby. Track starts with the words "Well I was gone a couple of days, my Baby".. Start**

## Toe Strut Jazz Box

1-2      Cross right toe over left, step down on right heel  
3-4      Step left toe back, step down on left heel  
5-6      Step right toe to right side, step down on right heel  
7-8      Cross left toe over right, step down on left heel

## Rock, Recover, Cross, Hold, Right & Left

1-2      Rock out on right, recover on left  
3-4      Cross step right over left, hold  
5-6      Rock out on left, recover on right  
7-8      Cross step left over right, hold

## Side Toe Struts, Side Shuffle, Rock, Recover

1-2      Step right toe to right side, step down on right heel  
3-4      Cross left toe over right, step down on left heel  
5&6      Step right to right side, step left next to right, step right to right side  
7-8      Rock back on left, recover on right

## Side Toe Struts, Side Shuffle, Rock, Recover

1-2      Step left toe to left side, step down on left heel  
3-4      Cross right toe over left, step down on right heel  
5&6      Step left to left side, step right next to left, step left to left side  
7-8      Rock back on right, recover on left

## Right Vine ½ Turn Scuff, Left Vine, Scuff

1-2      Step right to right side, cross step left behind right  
3-4      ½ turn right stepping on right foot, scuff left forward  
5-6      Step left to left side, cross step right behind left  
7-8      Step left to left side, scruff right forward

## Step, Cross Step, Step, Kick, Right & Left

1-2      Step right to right side, cross step left behind right  
3-4      Step right to right side, kick left to the left diagonal  
5-6      Step left to left side, cross step right over of left  
7-8      Step left to left side, kick right to the right diagonal

## Side Right, Hold & Side Right, Hold, Hip Roll

1-2&      Step right to right side, hold, step left next to right  
3-4      Step right to right side, hold ( feet apart )  
5-8      Roll hips anti clockwise on 4 counts

## Start Again

## TAG: At The End Of Walls 2+5 Add

1-2      Step forward on right heel, step forward on left heel  
3-4      Step back on right, step back on left

5-6  
7-8

Step forward on right heel, step forward on left heel  
Step back on right, step back on left

---