Bad Habits

Level: Intermediate

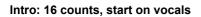
Choreographer: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - July 2021



Count: 64

Wall: 2

Music: Bad Habits - Ed Sheeran : (Amazon & iTunes)



S1: WALK, 1/4 HITCH, SIDE, TORQUE/LOOK, 1/4, 1/2, BACK, TOUCH/SIT

- 1-2 Walk forward on left, 1/4 left hitching right knee up and raising right hip [9:00]
- 3-4 Step right to right side, Torque upper body to right looking to right and pointing left toe to left side
- 5-6 1/2 left stepping slightly forward on left, 1/2 left stepping back on right [12:00]
- 7-8 Step back on left, Touch right in front of left sitting back on left bending knees

S2: WALK, 1/2, BACK, TOUCH, WALK, 1/2, 1/2 SHUFFLE

- Walk forward on right, 1/2 right stepping back on left [6:00] 1-2
- 3-4 Step back on right, Touch left in front of right
- 5-6 Walk forward on left, 1/2 left stepping back on right [12:00]
- 1/4 left stepping left to left side, Step right next to left, 1/4 left stepping forward on left [6:00] 7&8

S3: WALK, HOLD & ROCK, RECOVER, BACK, BACK, BACK ROCK

- 1-2& Walk forward on right, HOLD, Step left next to right
- Rock forward on right, Recover on left 3-4
- Walk back on right popping left knee, Walk back on left popping right knee 5-6
- 7-8 Rock back on right popping left knee, Recover on left

S4: 1/4 SIDE, HOLD &, SIDE, HOLD &, SIDE ROCK, BEHIND SIDE CROSS

- 1/4 hinge turn left stepping right to right side, HOLD, Step left next to right [3:00] 1-2&
- 3-4& Step right to right side, HOLD, Step left next to right
- Optional styling: shoulder rolls on counts 1-2 and 3-4
- (while dropping right shoulder raise left and roll shoulders)
- Rock right to right side, Recover on left 5-6
- 7&8 Cross right behind left, Step left to left side, Cross right over left *Tag & Restart Wall 3

S5: SIDE, TOGETHER, WALK, R SHUFFLE, ROCK, RECOVER, ½ SHUFFLE

- 1 2 3Step left to left side, Step right next to left, Walk forward on left
- 4&5 Step forward on right, Step left next to right, Step forward on right
- 6-7 Rock forward on left. Recover on right
- 8&1 1/2 left stepping left to left side, Step right next to left, 1/2 left stepping forward on left [9:00]

S6: WALK, WALK, ANCHOR STEP, BACK, ANCHOR STEP

- Walk forward on right, Walk forward on left, 2 - 3
- 4&5 Lock right behind left, Step weight on left, Step slightly back on right
- Step back on left 6
- 7&8 Cross right over left, Step weight on left, Step slightly forward on right

S7: CROSS, SWEEP, CROSS SWEEP, CROSS, 1/4 BACK & CROSS, SIDE

- Cross left over right, Ronde sweep right from back to front 1-2
- 3-4 Cross right over left, Ronde sweep left from back to front
- 5-6& Cross left over right, ¹/₄ left stepping back on right, Step left next to right [6:00]
- 7-8 Cross right over left, Step left to left side

S8: BACK/DRAG, BACK/DRAG, BACK/SIT, RECOVER, WALK, STEP LOCK

- Walk back on right dragging left to meet right 1-2
- 3-4 Walk back on left dragging right to meet left
- 5-6 Sit back on right bending knees, Recover on left
- 7-8& Walk forward on right, Step forward on left, Lock right behind left

*TAG & RESTART: After 32 counts of Wall 3, dance the 4 count tag:

SIDE, TOUCH, 1/4 SIDE, TOUCH

- Step left to left side, Touch right next to left 1-2
- 1/4 right stepping right to right side, Touch left next to right [6:00] 3-4

Then restart the dance from the beginning facing [6:00]

ENDING: Dance 32 counts of Wall 8, then turn 1/4 right ronde hitching left knee across right. Step forward on left and point right arm and first finger forward on the last word "you" [12:00].