

## Bad Habit

56 Count, 2 Wall, Improver

Choreographer: Lesley Clark (Scotland) Sept 2008

Choreographed to: Out Of Habit by BR5-49,

CD: Big Backyard Beat Show

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

**1. 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

**2. 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

**3. 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

**4. 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

**5. 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

**6. 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

**7. 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

**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 Step forward on right heel, step forward on left heel
- 7-8 Step back on right, step back on left