

# Bad Habits

Count: 64

Wall: 2

Level: Intermediate

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

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



**Intro: 16 counts, start on vocals**

**S1: WALK, ¼ HITCH, SIDE, TORQUE/LOOK, ¼, ½, BACK, TOUCH/SIT**

- 1-2 Walk forward on left, ¼ 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 ¼ left stepping slightly forward on left, ½ 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, ½, BACK, TOUCH, WALK, ½, ½ SHUFFLE**

- 1-2 Walk forward on right, ½ right stepping back on left [6:00]
- 3-4 Step back on right, Touch left in front of right
- 5-6 Walk forward on left, ½ left stepping back on right [12:00]
- 7&8 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [6:00]

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

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

**S4: ¼ SIDE, HOLD &, SIDE, HOLD &, SIDE ROCK, BEHIND SIDE CROSS**

- 1-2& ¼ hinge turn left stepping right to right side, HOLD, Step left next to right [3:00]
- 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)**

- 5-6 Rock right to right side, Recover on left
- 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**

- 1-2-3 Step 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 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [9:00]

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

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

**S7: CROSS, SWEEP, CROSS SWEEP, CROSS, ¼ BACK & CROSS, SIDE**

- 1-2 Cross left over right, Ronde sweep right from back to front
- 3-4 Cross right over left, Ronde sweep left from back to front
- 5-6& Cross left over right, ¼ 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**

- 1-2 Walk back on right dragging left to meet right
- 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, ¼ SIDE, TOUCH**

- 1-2 Step left to left side, Touch right next to left
- 3-4 ¼ right stepping right to right side, Touch left next to right [6:00]

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

**ENDING:** Dance 32 counts of Wall 8, then turn  $\frac{1}{4}$  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].

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808  
<https://www.facebook.com/gary.reilly.104> - [www.thelifeoreillydance.com](http://www.thelifeoreillydance.com)  
Maggie Gallagher - +44 7950291350  
[www.facebook.com/maggiiegchoreographer](http://www.facebook.com/maggiiegchoreographer) - [www.maggiieg.co.uk](http://www.maggiieg.co.uk)