



# BAD HABITS

Choreographer: Bill Larson Oct. 2005  
 Song: 'Bad Habits' by Billy Fields (164 bpm)  
 4 Wall 64 Count Intermediate

<http://www.youtube.com/watch?v=PKW5ho0cSRk>



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Steps	Actual Footwork	Direction	Calling Suggestion
<b>Section 1</b> 1,2,3,4 5,6 7,8	<b>Step Lock Step Hold, Fwd Rock, 1/2 Turn L, 1/2 Turn L</b> Step R fwd, Lock L up behind R, Step R fwd, Hold Step L fwd, Recover weight onto R <i>turning a 1/2 L Step L fwd, turning a 1/2 L Step R back</i>	Forward On the Spot Turn Left	Step Lock Step Hold Forward Rock Turn Turn
<b>Section 2</b> 1,2,3,4 5,6,7,8	<b>Step Lock Step Hold, Coaster Step Hold</b> Step L back, Lock R up against L, Step L back, Hold Step R back, Step L beside R, Step R fwd, Hold	Forward On the Spot	Step Lock Step Hold Coaster Step Hold
<b>Section 3</b> 1,2,3,4 5,6 7,8	<b>Step Lock Step Fwd Hold, Step Rock 3/4 Turn R, Side</b> Step L fwd, Lock R up behind L, Step L fwd, Hold Step R fwd, Recover weight onto L <i>turning a 3/4 R Step R to side, Step L to side</i>	Forward On the Spot Turn Right	Step Lock Step Hold Forward Rock Turn Hold
<b>Section 4</b> 1,2 3,4 5,6 7,8	<b>Cross Strut, Side Strut, Cross Strut Side Rock</b> Cross R toe over L, Step down on R foot Step L toe to L side, Step down on L foot Cross R toe over L, Step down on R foot Step L to Side, Recover weight onto R	Travel Left Travel Left Travel Left On the Spot	Cross Strut Side Strut Cross Strut Side Rock
<b>Section 5</b> 1,2 3,4 5,6 7,8	<b>Cross Side Behind Side Cross Side Back Rock</b> Cross L over R, Step R to side Step behind L, Step R to side Cross L over R, Step R to Side Step L behind R, Recover weight onto R	Travel Right Travel Right Travel Right On the Spot	Six Count Weave Right  Back Rock
<b>Section 6</b> 1,2,3,4 5,6,7,8	<b>Side Together Fwd Hold, Side Together Fwd Fwd</b> Step L to side, Step R beside L, Step L fwd, Hold Step R to side, Step L beside R, Step R fwd, Step L fwd	Left & Fwd Right & Fwd	Side Together Fwd Side Together Fwd
<b>Section 7</b> 1,2 3,4 5,6 7,8	<b>Forward Rock Turn Cross Turn Turn Cross Hold</b> Step R fwd, Recover weight onto L <i>turning a 1/4 R Step R to side, Cross L over R</i> <i>turning a 1/4 L Step R back, turning a 1/4 L Step L to side</i> Cross R over L, Hold	On the spot Turn Right Turn Left Travel Left	Fwd Rock Turn Cross Turn Turn Cross Hold
<b>Section 8</b> 1,2,3,4 5,6 7,8	<b>Side Rock Cross Hold, Side Hold Turn Hold</b> Step L to side, Recover onto R, Cross L over R, Hold Step R Side, Hold <i>turning a 3/4 turn L Step L fwd, Hold (9:00)</i>	On the Spot Travel Right Turning Left	Side Rock Cross Hold Side Hold Turn Hold