

# One Bad Habit

Count: 32

Wall: 4

Level: Improver

Choreographer: Wil Bos (NL) - April 2024

Music: One Bad Habit - Tim McGraw



Info : Intro 16 counts

## SEC 1 Side Touch, Side Touch, Rumba Forward, Side Touch, Side Touch, ¼ Side Shuffle

- 1&2& Step right to right, touch left beside right, step left to left, touch right beside left  
3&4 Step right to right, step left beside right, step right forward  
5&6& Step left to left, touch right beside left, step right to right, touch left beside right  
7&8 Step left to left, step right beside left, turn ¼ left step left forward (9:00)

Restart Here on Wall 7

## SEC 2 Mambo Step, Back Mambo, Step ¼ Pivot Cross Sweep, Weave Sweep

- 1&2 Rock right forward, recover weight onto left, step right back  
3&4 Rock left back, recover weight onto right, step left forward  
5& Step right forward, pivot ¼ left transferring weight on to left  
6 Cross right over left sweeping left from back to front (6:00)  
7&8 Cross left over right, step right to right, step left behind right sweeping right from front to back

## SEC 3 ¼ Sailor Step, Step ½ Pivot Step, Kick & Heel & Toe Switches

- 1&2 Turn ¼ right step right behind left, step left to left, step right forward (9:00)  
3&4 Step left forward, pivot ½ right transferring weight on to right, step left forward (3:00)  
5&6& Kick right forward, step right beside left, touch left heel forward, step left beside right  
7&8& Touch right beside left, step right beside left, touch left heel forward, step left beside right

Restart Here on Wall 3

## SEC 4 Rock, Full Triple Turn, Rock, Weave

- 1-2 Rock right forward, recover weight onto left  
3&4 Turn ½ right step right forward, turn ½ right step left beside right, step right forward (3:00)

### Option Step right back, step left beside right, step right forward

- 5-6 Rock left forward, recover weight onto right  
7&8 Step left behind right, step right to right, cross left over right

Start Again

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