



Bad for Me

Count: 32

Wall: 4

Level: Intermediate WCS

Choreographer: Guillaume Richard (FR) - September 2022

Music: Bad For Me (feat. Teddy Swims) - Meghan Trainor

****2 Tags, 1 Restart**

#0 counts Intro! The dance start directly with the first note of the music!

S1: Walk 2, side rock cross R, side rock prep, L turn hitch, step, step turn cross

1-2 Walk RF, Walk LF
3&4 rock RF to right and cross RF over LF
5-6 press LF to left while prepping body (5) for 3/4 l turn on RF with hitch LF(6) (facing 3)
7-8 step LF fwd, step RF fwd
&1 1/4 turn l, cross RF over LF (facing 12)

S2: back-back, cross-back-back, step, hitch 1/4 turn r and point RF, step turn 1/2 r, turn 1/2 r

2&3 step LF back (2), step RF back (&), cross LF over RF (3)
4&5 step RF back (4), step LF back (&), step RF fwd (5)
&6-7 hitch LF while turning 1/4 r (&), step LF to left(6), point RF to right (7) (facing 3)
8&1 step fwd on RF with turning 1/4 (8) (facing 6), turn 1/2 r with stepping LF back (&) (facing 12), turn 1/2 with stepping RF fwd (1) (facing 6)

RESTART: In wall 6 restart here (facing 3).

S3: walk, mambo-step, back, back, sweep behind-side-cross

2 walk LF fwd
3&4 step RF fwd (3), recover weight on LF (&), step RF back (4)
5-6 step LF back (styling: swivel toe out) (5), step RF back (styling: swivel toe out) (6)
7 step LF back and in same time sweep RF from front to back
8&1 step RF behind LF (6), step LF to left (&), cross RF over LF (1)

S4: side, sailor step, cross, turn 1/4 l, sailor turn 1/2 l

2 step LF to left
3&4 cross RF behind LF, little step LF to left, step RF to right
5-6 cross LF over RF, turn 1/4 l while stepping RF back (facing 3)
7&8 turn 1/2 l while step LF behind RF, step RF in place, step LF fwd (facing 9)

Dance the tag two times facing 12 o'clock. After the end of wall 4 an 7.

TAG: walk 2, mambo step, back back, anchor step

1-2 step RF fwd, step LF fwd
3&4 step RF fwd, recover on LF, step RF back
5-6 step LF back, step RF back
7&8 step LF close behind RF, step RF in place, step LF in place

Quelle: <https://www.copperknob.co.uk/>