



## Bad Habits

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MUSIC: Dance: Bad Habits  
Artist: DJ Ice CD: The Ultimate... Latin Album 22 - Buzz Buzz Buzz  
Sample and buy from Casa Musica:  
<https://casa-musica.com/de/single-tracks/47771-bad-habits-cha-cha-31-.html>  
Listen to official music on YouTube:  
<https://youtu.be/orJSJGHjBLI>

FOOTWORK: Opposite unless noted TIME: 4:00  
RHYTHM: Cha Ph IV+0+1 (Kick to a 4) DEGREE OF DIFFICULTY: Easy - Average  
SEQUENCE: Intro – A B C – A B C – Inter – B – Ending

### Intro:

- [1-4] **wait ;; flirt into facing fan ;;**  
hnd shk, M fc Wall wait 2 meas ;; fwd L, rec R, sd L/cl R, sd L ; bk R, rec trn (LOD) L, sd R/cl L, sd R ;  
{bk R, rec trn L, sd R/cl L, sd R ; to varsouvienne pos fwd L, sd & bk trn R, bk L/lk R, bk L ;} to hndshk pos
- [5-8] **trade ples twice ;; alemana ;;**  
rk apt L, rec trn R, trn sd & bk L/cl R, trn sd & bk L ; rk apt R, rec trn L, trn sd & bk R/cl L, trn sd & bk R ;  
fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ; {cl R, fwd L, fwd R/ fwd L, fwd trn R ;  
fwd trn L, fwd trn R, sd L/ cl R, sd L ;}

### Part A:

- [1-4] **op brk ; whp & twirl (OP) ; wlk 2 fwd cha ; sldg dr ;**  
rk apt L, rec R, sd L/cl R, sd L ; bk trn R, rec L, sd R/cl L, sd R to OP ; {fwd L, fwd trn R, sd trn L/cl R,  
sd trn L ; to OP } fwd L, fwd R, fwd L/cl R, fwd L ; rk apt R, rec L, Xif R/sd L, Xif R ;  
sd L trng to OP LOD ; fwd R, fwd L, fwd R/cl L, fwd R ;
- [5-8] **rk apt, rec (fc), sd cha ; crab wlks ;; spt trn ;**  
rk apt L, rec R to fc partner, sd L/cl R, sd L ; Xif R, sd L, Xif R/sd L, Xif R ;  
sd L, Xif R, sd L/cl R, sd L ; swivl fwd trn R, rec trn L, sd R/cl L, sd R ;
- [9-12] **½ basic ; undrm trn ; lariat in 3 ; rk apt, rec (fc), sd cha ;**  
fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ; {swvl fwd trn L, rec trn R, sd L/cl R, sd L ;}  
in plc stp L, stp R, stp L/stp R, stp & trn L to OP ; {fwd R, fwd L, fwd R/cl L, fwd R to OP ;}  
rk apt R, rec L to fc partner, sd R/cl L, sd R ;
- [13-16] **X bdy ;; kick to a 4 twice ;;**  
fwd L, rec trn R, sd L/cl R, sd L ; bk trn R, rec L, sd R/cl L, sd R ; {bk R, rec L, fwd R/cl L, fwd R ;  
fwd trn L, fwd trn R, sd L/cl R, sd & bk L ;} swivlng RF {RF} kick thru L twd RLOD, swivelng LF {RF}  
to fc ptr bring L ankle across R knee forming s „4“, sd L/cl R, sd L ; swivlng LF {RF} kick thru twd LOD,  
swivlng RF {LF} to fc ptr bring R ankle across L knee forming a „4“, sd R/cl L, sd R ;

### Part B:

- [1-4] **start chs ;; trav dr both ways ;;**  
Fwd trn L, rec R, fwd L/cl R, fwd L ; fwd trn R, rec L, fwd R/cl L, fwd R ; {bk R, rec L, fwd R/cl L, fwd R ;  
fwd trn L, rec R, fwd L/cl R, fwd L ;} rk sd L, rec R, XLif/sd R, XLif ; rk sd R, rec L, Xrif(sd L, rec R ;
- [5-8] **fin chs ;; ½ basic ; fan ;**  
Fwd L, rec R, bk L/cl R, bk L ; bk R, rec L, fwd R/cl L, fwd R ; {fwd trn R, rec L, fwd R/cl L, fwd R ;  
fwd L, rec R, bk L/cl R, bk L ; fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ;  
{fwd L, sd & bk trn R, bk L/lk R, bk L ;}

- [9-12] **start alemana ; into aida w/triple cha ;; rk bk, rec, fwd cha ;**  
 Fwd L, rec R, bk L/ cl R, bk L ; {bk R, rec L, fwd R/cl L, fwd trn R} ;  
 fwd trn R, sd trn L, bk R/lk L, bk R ; bk L/lk R, bk L, bk R/lk L, bk R ; rk bk L, rec R, fwd L/cl R, fwd L ;
- [13-16] **wlk 2 fwd cha ; spt trn ; hnd-hnd ; cuca in 4 ;**  
 Fwd R, fwd L, fwd R/lk L, fwd R ; swvl fwd trn L, rec trn R, sd L/cl R, sd L ;  
 swvl bk R, rec to fc L, sd R/cl L, sd R ; sd L, rec R, cl L, stp R ;

### Part C :

- [1-4] **chs w/undrm pass ;; shldr-shldr twice ;;**  
 Fwd trn L, rec R, fwd L/cl R, fwd L ; bk R, rec L, sd R/cl L, sd R ; {bk R, rec L, fwd R/cl L, fwd R ;  
 fwd L, fwd trn R, sd L /cl R sd L ;} rk fwd L, rec R, sd L/cl R, sd L ; rk fwd R, rec L, sd R/cl L, sd R ;
- [5-8] **x-bdy ;; rev. undrm trn ; undrm trn ;**  
 Repeat Part A meas 13 & 14 ;; XLif, rec R, sd L / cl R, sd L ; {swvl fwd trn R, rec trn L, sd R/cl L, sd R ;}  
 bk R, rec L, sd R/cl L, sd R ; {swvl fwd trn L, rec trn R, sd L/cl R, sd L ;} 1. To Bfly – 2. To L-hnd star

### Part Inter:

- [1-4] **umbr trn ;; ;**  
 Fwd L, rec R, bk L/cl R, bk L ; bk R, rec L, fwd R/cl L, fwd R ; fwd L, rec R, bk L/cl R, bk L ;  
 bk R, rec L turn L ¼ to fc partner, sd R/cl L, sd R ; {bk R, rec L, fwd R/cl L, fwd R ;  
 fwd L trn ½ R fc under joined hnds, rec R, fwd L/cl R, fwd L ; fwd R trn ½ L fc under joined hnds, rec L,  
 fwd R/cl L, fwd R ; fwd L trn ½ R fc under joined hnds, rec R, cont. Trn to fc partner, sd L/cl R, sd L ;}
- [5-8] **flirt into fan ;; alemana ;;**  
 Repeat Inter meas 3 & 3 ;; fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ;  
 {cl R, fwd L, fwd R/fwd L, fwd trn R ; fwd trn L, fwd trn R, sdL/cl R, sd L ,}

### Ending:

- [1-4] **chs w/undrm pass ;; shldr - shldr twice ;;**  
 Repeat Part C meas 1 – 4 ;; ;
- [5-8] **x-body ;; spt trn twice ;;**  
 Repeat Part A meas 13 & 14 ;; swvl fwd trn L, rec trn R, sd L/ cl R, sd L ; swvl fwd trn R,  
 rec trn L, sd R/cl L, sd R ;
- [9] **rumba aida & hold ;**  
 Fwd trn L, sd trn R, bk L, - ; ends in a „V“ bk-bk pos.

# Suggested Head Cues

Bad Habits, Cha Ph IV+0+1 (Kick to the 4),  
Johanna Burger with Stefan Burger

- Intro: wait ;; flirt into facing fan ;;  
trade places twice ;; alemana ;;
- Part A: op brk ; whip w/twirl to OP ; wlk 2 fwd cha ; sldng door ;  
rk apt, rec (fc), sd cha ; crab wlks ;; spt trn ;  
½ basic ; u-arm trn ; lariat in 3 (OP) ; rk apt, rec (fc), sd cha ;  
X-body ;; kick to 4 twice ;;
- Part B: start chase ;; travlng door both ways ;; fin chase ;;  
½ basic ; fan ; start alemana ; into aida w/triple cha ;;  
rk bk, rec, fwd cha ; wlk 2 fwd cha ;  
spt trn ; hnd to hnd ; cuca in 4 ;
- Part C: chase w/u-arm pass ;; shldr to shldr twice ;;  
X-body ;; rev. u-arm trn ; u-arm trn ;
- Part A: op brk ; whip w/twirl to OP ; wlk 2 fwd cha ; sldng door ;  
rk apt, rec (fc), sd cha ; crab wlks ;; spt trn ;  
½ basic ; u-arm trn ; lariat in 3 (OP) ; rk apt, rec (fc), sd cha ;  
X-body ;; kick to 4 twice ;;
- Part B: start chase ;; travlng door both ways ;; fin chase ;;  
½ basic ; fan ; start alemana ; into aida w/triple cha ;;  
rk bk, rec, fwd cha ; wlk 2 fwd cha ;  
spt trn ; hnd to hnd ; cuca in 4 ;
- Part C: chase w/u-arm pass ;; shldr to shldr twice ;;  
X-body ;; rev. u-arm trn ; u-arm trn ;
- Inter: umbrella trns ;; ;  
flirt into fan ;; alemana ;;
- Part B: start chase ;; travlng door both ways ;; fin chase ;;  
½ basic ; fan ; start alemana ; into aida w/triple cha ;;  
rk bk, rec, fwd cha ; wlk 2 fwd cha ;  
spt trn ; hnd to hnd ; cuca in 4 ;
- Ending: chase w/u-arm pass ;; shldr to shldr twice ;;  
X-body ;; spt trn twice ;;  
rumba aida & hold ;