



BAD FOR YOU

Choreographed by Amy Christian (November 2015),

32 count, 4 Wall, Easy Intermediate Line Dance,

Music: Bad For You by Waterloo Revival.

Intro: 16 counts as soon as music begins.

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ROCK FWD, RECOVER, R COASTER STEP, ¼ HINGE STEP, ¼ HINGE STEP, ¼ CHASSE,

1-2 Rock fwd on R, Recover on L,

3&4 R Coaster Step,

5-6 ¼ Turn right - Step L to left side [3:00], ¼ turn right – Step R to right side [6:00],

7&8 ¼ Turn right, (Side Shuffle) Step L to left side, Step R next to L, Step L to left side [9:00],

BACK, BACK, COASTER STEP, TOE STRUT WITH HIP BUMPS, KICKBALL CHANGE,

1-2 Step diag back on R, Step diag back on L – make it funky, (Option: 2 half turns, turning right, rolling back,)

3&4 R Coaster step,

5-6 L Toe strut - bumping hips, L,R,L,

7&8 R Kickball change,

*(RESTARTS HAPPEN HERE,.. ON WALL 3 AND WALL 7)

¼ JAZZ BOX, ¼ JAZZ BOX,

1-4 Cross R over L, ¼ turn right Stepping L back, Step R to right side, Step L fwd [12:00],

5-8 Cross R over L, ¼ turn right Stepping L back, Step R to right side, Step L fwd [3:00],

ROCK FWD, RECOVER, ¾ TRIPLE, ROCK FWD, RECOVER, ½ TRIPLE,

1-2 Rock fwd on R, Recover on R, (Prep – Spot the ¾ wall, by looking to the left side wall),

3&4 ¾ triple turning right, (R,L,R,) [12:00],

5-6 Rock fwd on L, Recover on R,

7&8 ½ triple turning left, (L,R,L,) [6:00],

Begin again!

***RESTARTS** - happen on Walls 3 & 7. Dance 16 counts & restart. (Clue on wall 7 – it's instrumental).

The restarts make this dance a 4 wall dance. Happy dancing!

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