



Bad For Me

Choreographer: Guillaume Richard (FR)

~Official GOLD competition dance 2023 - 2024~

Type of dance: 32 Count, 4 Walls, West Coast Swing – Line Dance
 Level: Intermediate
 Music: "Bad For Me" by Meghan Trainor feat. Teddy Swims (Acoustic)
 Intro: Start straight away from first beat in music (app. 1 second into track)

Counts	Footwork	End facing
1 – 8	Walk R L, Side Rock, Cross, Side Rock, ¾ Turn L, Hitch, Step Fwd, ¼ Turn L, Side Rock, Cross	
1 – 2	Step R forward (1), Step L forward (2)	12:00
&3 – 4	Step R to R side (&), Recover on L (3), Cross R over L (4)	12:00
&5 – 6	Step L to L side (&), Recover on R (5), Turn ¾ L hitching L (6)	3:00
7 – 8&	Step L forward (7), Turn ¼ L stepping R to R side (8), Recover on L (&)	12:00
9 – 16	Cross, Diagonal Back Steps L R, Cross, Coaster Step, ¼ Turn R, Hitch, Lunge, ¼ Turn R, Step, ½ turn R, Close	
1 – 2&	Cross R over L (1), Step L diagonally L back (2), Step R diagonally R back (&)	12:00
3 – 4&	Cross L over R (3), Step R diagonally R back (4), Step L next to R (&)	12:00
5 – 6	Step R forward (5), Turn ¼ R hitching L (6)	3:00
7 – 8&	Lunge L to L side (7), Turn ¼ R recovering on R (8), turn ½ R stepping L next to R (&)	12:00
Restart	Here in wall 6 (add an extra ½ turn so you will be facing 3:00)	
17 – 24	½ Turn R, Step Fwd 2x, Mambo Fwd, Back Step x3 & Sweep, Weave	
1 – 2	Turn ½ R stepping R forward (1), Step L forward (2)	6:00
3&4	Step R forward (3), Recover on L (&), Step R back (4)	6:00
5 – 6	Step L back (5), Step R back (6)	6:00
7 – 8&	Step L back & sweep R back (7), Cross R behind L (8), Step L to L side (&)	6:00
25 – 32	Cross, Side, Sailor Step, Cross, Side, ¾ Turn L Sailor Step	
1 – 2	Cross R over L (1), Step L to L side (2)	6:00
3&4	Cross R behind L (3), Step L to L side (&), Step R to R side (4)	6:00
5 – 6	Cross L over R (5), Step R to R side (6)	6:00
7&8	Turn ¼ L crossing L behind R (7), Turn ¼ L stepping R next to L (&), Turn ¼ L stepping L forward (8)	9:00
TAG	After walls 4 and 7, add these next 8 counts	
1 – 8	Walk R L, Mambo Fwd, Step Back L R, Anchor Step	
1 – 3&4	Step R forward (1), Step L forward (2), Step R forward (3), Recover on L (&), Step R back (4)	
5 – 7&8	Step L back (5), Step R back (6), Step L back (7), Step R next to L (&), Recover on L (8)	