Bad Intentions

Choreographer: Joshua Talbot (Feb 2025)
Music: Red Dress – Sofia Scott
Level: Intermediate
Counts: 32 Counts, 2 walls
Intro: 12 counts from start of track
Restarts: 2 restarts

Section 1: L FWD, R ANCHOR, L BACK LOCK, ROCK BACK/POP, 1 ¼ L TRIPLE FWD
1, 2&3   Step L fwd, Lock R behind L, step L on the spot, step R back
4&5   Step L back, cross step R over L, step L back
6, 7   Sweep R back stepping onto R & pop L knee fwd, take weight L
8&1   ½ L step R together, ½ L step L together, ¼ L step R to R
(Tip: On count 7, you should be prepping to turn L for the triple turn)

Section 2: L SAILOR, TOGETHER, CROSS, ¼ FWD, ¼ SIDE, SAILOR, TOGETHER
2&3&4   Step L behind R, step R to R, step L to L, step R together, cross L over R
5, 6   ¼ R Step R fwd, ¼ R step L to L
7&8   Step R behind L, step L to L, step R to R (Restart here on wall 2 & 5)
&   Step L together

Section 3: R ROCK FWD, RECOVER, R BACK PONY, L BACK PONY, R BACK, RECOVER
1, 2   ¼ R Rock R fwd, recover weight L
3&4   Step R behind L, step L in infront of R, step R in place
5&6   Step L behind R, step R in infront of L, step L in place
7, 8   Slightly jump back onto R leaning back as you extend L foot fwd, recover weight L as you step L fwd

Section 4: R ROCK FWD, RECOVER, ½ FWD, ¼ SWEEP, CROSS, SIDE, TOGETHER, CROSS, ¼, ½
1, 2, 3, 4   Rock R fwd, recover weight L, ½ R step R fwd, ¼ R keep weight on R sweeping L around
5&6   Cross step L over R, step R to R, step L together
7&8   Cross step R over L, ¼ R L together, ½ R step R slightly fwd

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Restarts: On wall 2 & 5, dance to count 16, turning the Sailor a ¼ R
Note: The 2 restarts turn the dance to the opposite wall, thus making it a 2 wall dance

Finish: Dance to count 13 (¼ R step R fwd) then Step L fwd, R anchor (it's the first 3 steps of the dance) and then step back on L crossing hands infront of you and then raising them