

# Bad Hangover

**COPPER** KNOB  
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Frank Heelan (IRE) - March 2025

Music: Bad Hangover - Shalisa



---

## Sec 1 Heel & heel, walk, walk, rock recover, back lock back.

- 1&2& Dig right heel forward, step right together, dig left heel forward, step left together.  
3-4 Walk forward right, left.  
5-6 Rock forward on right, recover to left.  
7&8 Step back right, lock left in front, step back right. (12.00)

## Sec 2 Sailor step left & right, behind turn ¼ pivot ¼

- 1&2 Step left behind, step right to right, step left to left.  
3&4 Step right behind, step left to left, step right to right.  
5-6 Step left behind, turn ¼ right stepping forward right. (3.00)  
7-8 Step forward left, pivot ¼ right. (weight to right) (6.00)

## Sec 3 Cross shuffle, point & point & point, hitch, coaster step.

- 1&2 Cross left over right, step right to right, cross left over right  
3&4 Point right to right, step ball of right next to left, point left to left.  
&5-6 Step ball of left next to right, point right to right, hitch right across left.  
7&8 Step back on right, step left together, step forward right.

## Sec 4 Mambo step, coaster step, rock recover, sailor ¼ turn.

- 1&2 Rock forward on left, recover to right, step left next to right.  
3&4 Step back on right, left together, step forward on right.  
5-6 Rock forward on left, recover to right.  
7&8 Turn ¼ left sweeping left behind, step right to right, recover to left. (3.00)

Tag: End of wall 6 facing (6.00) add 4 hip sways R,L,R,L.

Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)

---