

No bad DAYS !!

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Val Saari (CAN) - December 2022
音乐: No Bad Days (feat. Jimmie Allen) - Flo Rida



Intro: 16 counts - Begin on the word "bad"

BRUSH-BALL CROSS, SCISSORS CROSS

1-4 Lightly brush RF forward, Step on RF
3-4 Cross LF over right, hold
5-6 Step RF step right, Step LF together
7-8 Cross RF over left, hold

MODIFIED RUMBA BOX FWD, STEP TURN 1/2 L

1-2 Step LF to left side, Step RF beside L
3-4 Step LF forward, hold
5-8 Step RF forward, Turn 1/2 turn left (weight on left, 6:00)

STEP-LOCK-STEP FWD, REVERSE COASTER

1-2 Step RF forward, Lock LF behind R
3-4 Step RF forward, hold
5-6 Step LF forward, Step RF beside L
7-8 Step LF back, Hold

BACK-LOCK-BACK, SAILOR STEP 1/4 L

1-2 Step R back, Step L across R
3-4 Step R back, Hold
5-8 Sailor Step LRL turn 1/4 L (3:00), hold

No tags, no restarts

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