Bad Day To Be A Beer

拍数: 48

级数: Improver / Intermediate

编舞者: Margaret Parrish (AUS) - November 2022

音乐: Bad Day To Be A Beer - Drake Milligan : (Album: Dallas/Fort Worth)



R TOE STRUT - L TOE STRUT - R COASTER STEP W/ SCUFF

- 1-4 Touch R toe on R 45, Drop R heel, Touch L toe on L 45, Drop L heel
- 5-8 Step R back, Step L together, Step R fwd, Scuff L next to R

1/4 SCUFF – 1/4 SCUFF – 1/2 R SHUFFLE BACK – ROCK R BACK/REPLACE L

- 1-2 1/4 R Step L to L side, Scuff R together,
- 3-4 1/4 R Step R fwd, Scuff L next to R
- 5&6 1/2 L Step L back, Step R together, Step L back
- 7-8 Rock R back, Replace weight on L

SIDE SHUFFLE R – ROCK L BACK/REPLACE R – SHUFFLE FWD L – PIVOT 1/2 L

- 1&2 Step R to R side, Step L together, Step R to R side
- 3-4 Rock L back, Replace weight on R
- 5&6 Step L fwd, Step R together, Step L fwd
- 7-8 Step R fwd, 1/2 L Pivot weight on L (6:00)

STOMP R FWD - HEEL TOE HEEL IN - STOMP L FWD - HEEL TOE HEEL IN

- 1-4 Stomp R fwd on R 45, twist L heel in, twist L toes in, twist L heel in
- 5-8 Stomp L fwd on L 45, twist R heel in, twist R toes in, twist R heel in

K STEP (FWD TOUCH – BACK TOUCH – BACK TOUCH – FWD TOUCH)

- Step R fwd on R 45, Touch L together/Clap, Step L back, Touch R together/Clap 1-4
- 5-8 Step R back on R back angle, Touch L together/Clap, Step L fwd on L 45, Step R
 - together/clap

(Even weight onto both feet on Count 8 as you prep for your twists)

TWIST R (HEELS TOES HEELS) – TWIST L (HEELS TOES HEELS)

- 1-4 Twist both heels to R side, twist both toes to R side, twist both heels to R side, clap/hold
- 5-8 Twist both heels to L side, twist both toes to L side, twist both heels to L side, clap/hold

Restart on Wall 3 at 16 Counts (You will be facing 12:00)

During Wall 4, you will be facing 6:00, The music will slow down during your Twist R (Count 40-48), continue twisting to the L (slowly) and then pause for 4 counts then you will start Wall 5 when the beat kicks back in (You will be facing 6:00)

Restart on Wall 7 at Count 40 (K Step) (You will be facing 12:00)





墙数:2