

Bad Day

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gary Steele (UK)
音乐: Bad Day - Daniel Powter



SIDE, CROSS ROCK, AND CROSS UNWIND ½, SIDE ROCK CROSS AND CROSS

1-3 Step left to left side, cross rock right over left, recover weight onto left
&4 Step right foot in place, cross left over right
5 Unwind ½ turn over right shoulder
6&7 Rock right out to right side, recover weight onto left, cross right over left
&8 Step left in place, cross right over left

AND POINT FORWARD, SIDE, CHASSE RIGHT, SAILOR STEP, CROSSING SHUFFLE

&1-2 Step left in place, point right foot forward, right side
3&4 Right side together side
5&6 Left sailor step
7&8 Right crossing shuffle

¼ STEP KICK, CROSS BACK CROSS, COASTER STEP, FORWARD ROCK RECOVER ½ TURN STEP

1-2 Step left forward making a ¼ turn left, kick right foot forward
3&4 Cross right over left, step left back, cross right over left
5&6 Left coaster step
7&8 Rock forward on right foot, recover onto left, step forward right making ½ turn right

2 WALKS FULL TURN RIGHT, MAMBO FORWARD LEFT, WALK BACK RIGHT LEFT, COASTER STEP

1-2 Making a full turn right, step left ½ turn, right ½ turn
3&4 Mambo forward on the left
5-6 Walk back right, left
7&8 Right coaster step

REPEAT

RESTART

On 7th wall repeat the dance up to count 5. Keep weight on right foot and restart the dance from here.
