

Havin A Bad Day

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kirsty Bycroft (AUS) - September 2005
音乐: Bad Day - Daniel Powter



(8 Count intro) Length of Music 3:54 Dance rotates ¼ turn right each wall

Cross Rock. Side Across.Side. Behind. Side. Cross Rock. ¼ Turn. Full Turn Triple.

1 2& Rock Right over Left. Replace weight on Left. Step Right to Right side.
3&4& Step Left across Right. Step Right to Right side. Step Left behind Right. Step Right to Right Side
5 6& Rock Left over Right. Replace weight on Right. ¼ turn Left. Step forward on Left
7&8 Full turn Left triple step. (Facing 9 o'clock)

Step Pivot Step. Right Step Lock. Rock Replace. ½ Turn. Step Forward Right. ¼ Turn. Cross.

1&2 Step forward Left. Pivot ½ turn Right. Step forward Left. (Facing 3 o'clock)
3&4 Step forward Right. Lock Left behind Right. Step forward Left. **(1st restart)**
5&6 Rock forward Left. Replace weight on Right. ½ turn Left. Step forward Left. **(2nd & 4th restart)**
7&8 Step forward Right. Turn ¼ Left. Replace weight on Left. Cross Right over Left. (Facing 6 o'clock)

Rock.Replace.Cross Shuffle. ¼ Turn Right. Forward. Back. ½ Turn Hitch Forward. Back Hook.

1&2 Rock Left to Left side. Replace weight on Right. Cross Left over Right.
&3&4 Step Right to Right. Cross Left over Right. ¼ turn Right. Step forward Right. then Left. (9 o'clock)
5 ? 6 Rock back Right. Step forward Left hitching Right knee ½ turn Left on ball of Left foot. (3 o'clock)
7 ? 8 Step forward Right. Rock back Left hooking Right foot under Left knee. **(3rd restart)**

Right Step Lock. Sway. Sway. Side Together Side. Sway. Sway.

1&2 Step forward Right. Lock Left behind Right. Step forward Right.
3 ? 4 Sway hips Left. Sway hips Right.
5&6 Step Left to Left. Step Right together. Step Left to Left side.
7 ? 8 Sway hips Right. Sway hips Left. (Facing 3 o'clock)

Start Again

There are four restarts:

1st Restart: Wall 4 Dance to Count 12. (&)Step together on Left. Restart facing 12 o'clock
2nd Restart: Wall 5 Dance to Count 14. (7 ? 8) Step forward Right. Turn ¼ Left Restart facing 6 o'clock
3rd Restart: Wall 7 Dance to Count 24. Restart facing 12 o'clock
4th Restart: Wall 8 Dance to Count 14. (7 ? 8) Step forward Right. Turn ¼ Left Restart facing 6 o'clock

NB: There is no & count on the 2nd and 4th restart.

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