

Bad Day

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Jean Coates & Mervyn Coates
音乐: Bad Day - Daniel Powter



This is a smooth, slow and flowing dance

CROSS AND HEEL, &, CROSS AND HEEL, & STEP ½ TURN, TRIPLE FULL TURN (RIGHT MAMBO)

1&2 Cross right over left, step left to left side, touch right heel forward
&3&4 Step right next to left, cross left over right, step right to right side, touch left heel forward
&5-6 Step left next to right, step forward on right, pivot ½ turn left
7&8 Step back right turning ½ left, step forward left turning ½ left, step side right
Option: 7&8 Rock forward on right, recover on left, step side right

BACK ROCK SIDE, BACK ROCK SIDE, SAILOR ¼ TURN, TRIPLE FULL TURN (RIGHT SHUFFLE)

1&2 Cross rock left behind right, recover on right, step left to left side
3&4 Cross rock right behind left, recover on left, step right to right side
5&6 Cross step left behind right, make a ¼ turn left step right to right side, step left to left side
7&8 Step back right turning ½ left, step forward left turning ½ left, step forward right
Option: 7&8 Step forward right, step left next to right, step forward right

WALK, WALK, MAMBO STEP, FULL TURN, (SWAY SWAY,) BEHIND & CROSS

1-2 Walk forward left - right
3&4 Rock forward on left, recover on right, step back left
5-6 Stepping forward on right turn ½ right, stepping back on left turn ½ right
Option: 5-6 Sway to right, sway to left
7&8 Cross step right behind left, step left to left side, cross step right over left

STEP, SAILOR ¼ TURN, STEP, STEP SLIDE, ROLLING VINE (SIDE CROSS SIDE)

1 Step left to left side
2&3 Cross step right behind left, make a ¼ turn right step left to left side, step right to right side
4 Step left forward
5-6 Step right to right side (long step), slide and touch left next to right
7&8 Full turn left, traveling left - left, right, left (step left to left side, cross right over left, step left to left side)

REPEAT

RESTART

Restart on wall 3 after count 36

Restart on wall 6 after count 8, adding an '&' step on to left foot