

# One Bad Day

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Vivienne Scott (CAN)  
音乐: One Bad Day - Lisa Brokop



Any mid pace  
two step

**WALK**  
**FORWARD x2,**  
**LUNGE**  
**FORWARD,**  
**WALK BACK**  
**x2, COASTER**  
**BACK**

1-2 Walk

forward right,  
left

3&4 Lunge

forward on right,  
recover on left,  
step back right

5-6 Walk back  
left, right

7&8 Step back

left, step right  
beside left, step  
forward left

**WALK**  
**FORWARD x2,**  
**LUNGE**  
**FORWARD,**  
**TURN BACK**  
**x2, COASTER**  
**BACK**

1-2 Walk

forward right,  
left

3&4 Lunge

forward on right,  
recover on left,  
step back right

5-6 Step back  
left making a

1/2 turn left,

step back right  
making 1/2 turn

left

7&8 Step back

left, step right  
beside left, step  
forward left

**SYNCOPATED  
ROCK STEPS  
TRAVELING  
FORWARD,  
SIDE  
SHUFFLES  
WITH TURNS**

1&2 Rock right  
on right  
diagonal,  
recover on left,  
step right  
forward

3&4 Rock left  
on left diagonal,  
recover on right,  
step left forward

5&6 Step right  
to right side,  
close left beside  
right, step side  
right

7&8 Step left to  
left side making  
a 1/4 turn left,  
close right  
beside left, step  
side left

**SIDE  
SHUFFLES  
WITH TURNS,  
SIDE ROCK,  
SAILOR STEP,  
TURNING  
COASTER  
STEP**

1&2 Step right  
to right side  
making a 1/4  
turn left, close  
left beside right,  
step side right

3&4 Step left to  
left side making  
a 1/4 turn left,  
close right  
beside left, step  
left to left side  
making 1/4 turn  
left

5& Rock right to  
right side,  
recover on left

6&7 Cross right  
behind left, step  
left to left side,  
step right in  
place

&& Crossing  
left behind right  
step left back  
making 1/4 turn  
left, step right  
beside left, step  
left forward

Easier option:

**SIDE TOUCH,  
STEP  
TOGETHER,  
TURNING  
COASTER  
STEP**

5-6 Touch right  
to right side,  
step right  
beside left  
(weight on  
right)

7&8 Crossing  
left behind right  
step left back  
making 1/4 turn  
left, step right  
beside left, step  
left forward

**Restart for  
?One Bad Day?  
only:**

On wall 3 facing  
6 o'clock,  
dance the first  
eight counts,  
then:

1&2& Touch  
right toe forward  
bumping right  
hip forward,  
back, forward,  
back (weight on  
left)

Start again at  
the beginning!

No more  
restarts!

Enjoy!

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