

On A Bad Day

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 2 级数: Beginner
编舞者: Helen Reeson (AUS) - January 2012
音乐: On a Bad Day - Kasey Chambers



[1- 8] HEEL-TOE, HEEL-TOE, SIDE, TOG, BACK, TCH, SIDE, TOG, FWD, TCH, HEEL-TOE, HEEL-TOE

1&2& Fwd R Heel/Toe, Fwd L Heel/Toe
3&4& R side, L beside R, R back, Touch L beside R
5&6& L side, R beside L, L forward, Touch R beside L
7&8& Fwd R Heel/toe, Fwd L Heel / Toe

[9-16] FWD-HOOK-BACK, (R45) BACK-LOCK-BACK, (L45) BACK-LOCK-BACK, ROCK BACK-FWD-TCH *

1&2 R Fwd, hook L behind R, L back
3&4 Step R back on R diagonal, Cross L over R, Step R back on R diagonal
5&6 Step L back on L diagonal, Cross R over L, Step L back on L diagonal
7&8 Rock back on R, Fwd on L, Touch R beside L

[17-24] SIDE SHUFFLE (¼R), FWD SHUFFLE (¼R), ROCK BACK-FWD-SIDE, ROCK BACK-FWD-SIDE

1&2 R side, L together, Turn ¼R Step R Fwd
3&4 L forward, R together, Turn ¼R Step L to L Side ... 6.00
5&6 Rock R back slightly behind L, Replace weight fwd on L, Step R to R side
7&8 Rock L back slightly behind R, Replace weight fwd on R, Step L to L side

[25-32] R HEEL-HITCH, HEEL-HITCH, ROCK FWD-BACK-FWD, L HEEL-HITCH, HEEL-HITCH, FWD SHUFFLE, SCUFF

1&2& R Heel fwd, Hitch R knee up, R Heel fwd, Hitch R knee up
3&4 Rock R forward, L Back, R forward
5&6 L Heel fwd, Hitch L knee up, L Heel fwd, Hitch L knee up
7&8 L forward, R together, L forward, Scuff R fwd

RESTART: Wall 6 (6.00) after 16 counts * Restart dance (this will be the last wall)

TAG at END: Dance first 8 counts, then add these steps to finish at 12.00

1,2,3&4 Rock Fwd R, Back L, ½R Shuffle
5&6&7 Fwd L Heel/toe, Fwd R Heel/toe, Step L beside R

Contact: hreeson@internode.on.net
