

# Bad For You

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jasper Morrow (USA) - June 2024  
音樂: Bad for You - Ashley Ryan



PNW Stompers Choreography Competition 2024 1st Place Winner

Intro: Approx. 21 seconds

**[1-8]: Heel Grind ¼ Turn, Weave, Step Slide**

1, 2      Step R heel forward toes fan Left to Right making ¼ turn right, recover LF  
3, 4      Step RF to R side, cross LF in front  
5, 6      Step RF to R, Touch LF  
7, 8      Step LF to L wide, Drag or Slide RF to L

**[9-16]: Cross Rock, Toe Strut Turns**

1, 2      Cross RF behind LF, Recover LF  
3, 4      Step R toe forward turning ¼ left, step RF down weighting R  
5, 6      Step L toe forward turning ½ right, step LF down weighting L  
7, 8      Step R toe backward turning ¼ right, step RF down weighting R

**[17-24]: Step-Lock-Step-Scuff, Walk, Walk, Heel Swivel**

1, 2      Step LF diagonally Fwd, lock R knee behind LF  
3, 4      Step LF diagonally Fwd, scuff RF next to L  
5, 6      Step RF forward, Step LF forward  
7, 8      Twist feet and lift heels to L, Recover heels

**[25-32]: Cross Behind, ½ Unwind Flick, Kick, Forward Rock, Side Rock**

1, 2      Cross LF behind RF, Unwind ¼ Turn L weighted equal in both feet  
3, 4      Unwind 1/4 Turn L (weighted LF) Flick RF, Scuff Kick RF Forward  
5, 6      Rock RF forward, recover LF  
7, 8      Rock RF to R, recover LF

Tag: At end of 10th wall, 4 counts, repeat last 4 counts of section 4

**[1-4] Forward Rock, Side Rock**

1, 2      Rock RF forward, recover LF  
3, 4      Rock RF to R, recover LF