

# Bad Hangover

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frank Heelan (IRE) - March 2025  
音樂: Bad Hangover - Shalisa



## Sec 1 Heel & heel, walk, walk, rock recover, back lock back.

1&2&      Dig right heel forward, step right together, dig left heel forward, step left together.  
3-4      Walk forward right, left.  
5-6      Rock forward on right, recover to left.  
7&8      Step back right, lock left in front, step back right. (12.00)

## Sec 2 Sailor step left & right, behind turn ¼ pivot ¼

1&2      Step left behind, step right to right, step left to left.  
3&4      Step right behind, step left to left, step right to right.  
5-6      Step left behind, turn ¼ right stepping forward right. (3.00)  
7-8      Step forward left, pivot ¼ right. (weight to right) (6.00)

## Sec 3 Cross shuffle, point & point & point, hitch, coaster step.

1&2      Cross left over right, step right to right, cross left over right  
3&4      Point right to right, step ball of right next to left, point left to left.  
&5-6      Step ball of left next to right, point right to right, hitch right across left.  
7&8      Step back on right, step left together, step forward right.

## Sec 4 Mambo step, coaster step, rock recover, sailor ¼ turn.

1&2      Rock forward on left, recover to right, step left next to right.  
3&4      Step back on right, left together, step forward on right.  
5-6      Rock forward on left, recover to right.  
7&8      Turn ¼ left sweeping left behind, step right to right, recover to left. (3.00)

Tag: End of wall 6 facing (6.00) add 4 hip sways R,L,R,L.

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