

# One Bad Day (Then I'll Be Ok!)

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Vivienne Scott (CAN)  
音樂: One Bad Day - Lisa Brokop



## WALK FORWARD TWICE, LUNGE FORWARD, WALK BACK TWICE, 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 TWICE, LUNGE FORWARD, TURN BACK TWICE, 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 ½ turn left, step back right making ½ 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 ¼ 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 ¼ turn left, close left beside right, step side right  
3&4      Step left to left side making a ¼ turn left, close right beside left, step left to left side making ¼ 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  
&8&      Crossing left behind right step left back making ¼ turn left, step right beside left, step left forward

Easier option:

## ROCK STEP, TURNING COASTER STEP

5&6      Rock right to right side, recover on left, step right beside left (weight on right)  
7&8      Crossing left behind right step left back making ¼ turn left, step right beside left, step left forward

REPEAT

RESTART

For "One Bad Day" only, on wall 3 facing 6:00, 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