

# Havin' A Bad Day

COPPERKNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kirsty Bycroft (AUS)  
音樂: Bad Day - Daniel Powter



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## ACROSS, ROCK, SIDE, ACROSS, SIDE, BEHIND, SIDE, ACROSS, ROCK, ¼ TURN, FULL TURN TRIPLE

1-2&      Rock right over left, replace weight on left, step right to right side  
3&4&      Step left across right, step right to right side, step left behind right, step right to right side  
5-6&      Rock left over right, replace weight on right, ¼ turn left step forward left, (9:00)  
7&8      Full turn left triple step (right, left, right)

## PIVOT, ½ TURN, FORWARD, STEP, LOCK, STEP FORWARD, BACK, ½ TURN, PIVOT, ¼ TURN, CROSS

1&2      Step left forward, pivot ½ turn right, step forward left, (3:00)  
3&4      Step forward right, lock left behind right, step forward right  
5&6      Rock forward left, replace weight on right, ½ turn left step left forward (9:00)  
7&8      Step right forward, pivot ¼ turn left replace weight on left, cross right over left (6:00)

## SIDE, ROCK, CROSS, SIDE, CROSS, SIDE, ¼ TURN, STEP BACK, FORWARD, ½ TURN HITCH, FORWARD, BACK HOOK

1&2      Rock left to left side, replace weight on right, cross left over right  
&3&4      Step right to right side, cross left over right, ¼ turn right step right forward, step forward left. (9:00)  
5-6      Rock back right, step forward left hitching right knee ½ turn left on ball of left foot, (3:00)  
7-8      Step forward right, rock back left hooking right foot under left knee

## STEP, LOCK, STEP, SWAY, SWAY. SIDE, TOGETHER, SIDE, SWAY, SWAY

1&2      Step forward right. Lock left behind right, step forward right  
3-4      Sway hips left, right  
5&6      Step left to left side, step right together, step left to left side  
7-8      Sway hips right, left, (3:00)

## REPEAT

## RESTART

1st: wall 4. Dance to count 12. Step together on left (&). Restart (facing front wall)  
2nd: wall 5. Dance to count 14. Step forward right, pivot ¼ left on counts 15-16. Restart (facing back wall)  
3rd: wall 7. Dance to count 24. Restart (facing front wall)  
4th: wall 8. Dance to count 14. Step forward right, pivot ¼ left on counts 15, 16. Restart (facing back wall)

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