

Havin' A Bad Day

COPPER KNOB
BY STEPHEN METZ

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



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)
