

# Bad Day

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Gary Steele (UK)  
音樂: Bad Day - Daniel Powter



## **SIDE, CROSS ROCK, AND CROSS UNWIND ½, SIDE ROCK CROSS AND CROSS**

1-3      Step left to left side, cross rock right over left, recover weight onto left  
&4      Step right foot in place, cross left over right  
5      Unwind ½ turn over right shoulder  
6&7      Rock right out to right side, recover weight onto left, cross right over left  
&8      Step left in place, cross right over left

## **AND POINT FORWARD, SIDE, CHASSE RIGHT, SAILOR STEP, CROSSING SHUFFLE**

&1-2      Step left in place, point right foot forward, right side  
3&4      Right side together side  
5&6      Left sailor step  
7&8      Right crossing shuffle

## **¼ STEP KICK, CROSS BACK CROSS, COASTER STEP, FORWARD ROCK RECOVER ½ TURN STEP**

1-2      Step left forward making a ¼ turn left, kick right foot forward  
3&4      Cross right over left, step left back, cross right over left  
5&6      Left coaster step  
7&8      Rock forward on right foot, recover onto left, step forward right making ½ turn right

## **2 WALKS FULL TURN RIGHT, MAMBO FORWARD LEFT, WALK BACK RIGHT LEFT, COASTER STEP**

1-2      Making a full turn right, step left ½ turn, right ½ turn  
3&4      Mambo forward on the left  
5-6      Walk back right, left  
7&8      Right coaster step

## **REPEAT**

## **RESTART**

On 7th wall repeat the dance up to count 5. Keep weight on right foot and restart the dance from here.

---