

Bad Heart Day

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數:
編舞者: Max Perry (USA)
音樂: Bad Heart Day - Rick Tippe



Start approximately 40 beats in on the word "BAD"

KICK, KICK, STEP, TOUCH, STEP, KICK, OUT, OUT, CLAP

- 1-2 Kick left foot forward twice
- 3-4 Step left foot beside right, touch right toe back
- 5-6 Step right next to left, kick left foot forward
- & Small side step left with left foot
- 7-8 Small side step right with right foot, clap

STEP, TOGETHER, CLAP, OUT, OUT, IN, IN, ROCK STEP, COASTER STEP

- & Small side step back to home position with left foot
- 1-2 Small side step home with right foot, clap
- & Step out with left foot
- 3&4 Step out with right foot, step in with left foot, step in with right foot
- 5-6 Rock step forward with left foot, step in place on right foot
- 7& Step back with left foot, step right foot beside left foot
- 8 Step forward with left foot

4 QUARTER TURNS

- 1 Step forward with right foot
- 2 Turn $\frac{1}{4}$ to the left while stepping in place with left foot
- 3-8 Repeat 1-2 three times

HEEL, HOLD, TURN, HEEL OUT, HOLD

- 1-4 Place right heel forward and hold for three counts
- & Turn sharply $\frac{1}{2}$ to the left placing weight on right foot
- 5-8 Place left heel forward, hold for three counts

FOOT SWITCHES, STEP, TURN. TOE, HEEL, STEP, TOE, HEEL

- &1 Bring left foot next to right, touch right heel forward
- &2 Bring right foot next to left, touch left heel forward
- &3 Bring left foot next to right, step right heel forward
- 4 Turn $\frac{1}{2}$ to the left while stepping left foot in place
- 5 Touch right toe in towards left instep
- 6 Touch right heel to right side with toe turned out
- 7& Step right foot next to left, touch left toe in towards right instep
- 8 Touch left heel to left side with toe turned out

VINE ($\frac{1}{4}$ TURN LEFT), KICK, BACK RIGHT, BACK LEFT, COASTER STEP (RIGHT-LEFT-RIGHT)

- 1-2 Step to left with left foot, step behind left with right foot
- 3-4 Turn $\frac{1}{4}$ left and step left foot forward, scuff right heel forward
- 5-6 Step back on right foot, step back on left foot
- 7&8 Step back with right foot, step left foot next to right, step forward with right foot

REPEAT

