

# Bad Heart Day

COPPERKNOB  
BY STEPHEN TIPS

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

