

拍數: 32 牆數: 4 級數: Beginner 編舞者: Mark Caley (UK) & Jan Caley (UK) - September 2007

音樂: Bad Day (7" Almighty Mix) - Belle Lawrence: (This is a fast cover mix of David

Pewter's hit)



### Start On main Vocals -32 Count intro approx 15 secs

(The track is 3min 59secs long - we suggest you fade out the dance after about 3min or whenever you feel) Available from C/D via http://www.almightyrecords.com or Download track for 99 pence

# RIGHT KICK BALL CHANGE, PIVOT 1/2 TURN LEFT, WALK FWD RIGHT LEFT(or full turn fwd), ROCK RECOVER

| RECOVER |   |
|---------|---|
| 1&2     | Kick right forward, step down on ball of right foot, Step forward on Left |
| 3-4     | Step forward on Right, Pivot 1/2 Turn Left (6.00)                         |

5-6 Walk forward Right, Left (Optional Full Turn left forward stepping Right, Left)

7-8 Rock forward on Right, Recover weight on to Left (6.00)

## JUMP BACK, OUT, OUT. HOLD, & CROSS, Hold, (2x) HEEL BOUNCES with 1/2 TURN LEFT, RIGHT BACK ROCK

| DACK ROCK |  |
|-----------|--|
| &9        | Jump Right Back and out Right to Right side. Jump Left Back and out Left to Left side. |
|           |  |

Hold and Clap. (Feet Shoulder Width Apart) (Weight on Right)
 Jump Left Back and into Centre. Cross Right over Left. Hold and Clap.

20.44 Decrease both heads and into Centre. Cross Right over Left. Hold and Clap.

13-14 Bounce both heels x 2 whilst making 1/2 turn Left. (Weight ends on Left) (12.00)

15-16 Rock back on Right. Rock forward on Left.

## RIGHT SHUFFLE FORWARD, CROSS, POINT (2x) LEFT CROSS, BACK RIGHT

| 17&18 | Right Shuffle forward stepping Right, Left, Right (Optional Right triple fwd turning Left) |
|-------|--|
|       | (12.00)  |
| 19-20 | Step Left forward crossing slightly over Right, Point Right out to Right side              |

Step Left forward crossing slightly over Right, Point Right out to Right side
Step Right forward crossing slightly over Left, Point Left out to Left side
Cross Left over Right. Step back on Right

23-24 Cross Left over Right, Step back on Right

#### CHASSES TO LEFT, RIGHT SAILOR, LEFT SAILOR with 1/4 TURN LEFT, ROCK BACK, RECOVER

Step Left to Left side. Close Right beside Left. Step Left to Left side.
 Cross Right behind Left, Step Left beside Left. Step forward on Right

29&30 Sweep/Cross Left behind Right turning 1/4 turn Left. Step Right beside Left, Step Left to Left

side (9.00)

31-32 Rock back on Right, Rock forward on Left

#### **START AGAIN**

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