

# Havin A Bad Day

COPPER KNOB  
BYCROFT'S STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kirsty Bycroft (AUS) - September 2005  
音樂: Bad Day - Daniel Powter



(8 Count intro) Length of Music 3:54 Dance rotates ¼ turn right each wall

**Cross Rock. Side Across.Side. Behind. Side. Cross 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 on Left  
7&8      Full turn Left triple step. (Facing 9 o'clock)

**Step Pivot Step. Right Step Lock. Rock Replace. ½ Turn. Step Forward Right. ¼ Turn. Cross.**

1&2      Step forward Left. Pivot ½ turn Right. Step forward Left. (Facing 3 o'clock)  
3&4      Step forward Right. Lock Left behind Right. Step forward Left. **(1st restart)**  
5&6      Rock forward Left. Replace weight on Right. ½ turn Left. Step forward Left. **(2nd & 4th restart)**  
7&8      Step forward Right. Turn ¼ Left. Replace weight on Left. Cross Right over Left. (Facing 6 o'clock)

**Rock.Replace.Cross Shuffle. ¼ Turn Right. Forward. Back. 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. Cross Left over Right. ¼ turn Right. Step forward Right. then Left. (9 o'clock)  
5 ? 6      Rock back Right. Step forward Left hitching Right knee ½ turn Left on ball of Left foot. (3 o'clock)  
7 ? 8      Step forward Right. Rock back Left hooking Right foot under Left knee. **(3rd restart)**

**Right Step Lock. Sway. Sway. Side Together Side. Sway. Sway.**

1&2      Step forward Right. Lock Left behind Right. Step forward Right.  
3 ? 4      Sway hips Left. Sway hips Right.  
5&6      Step Left to Left. Step Right together. Step Left to Left side.  
7 ? 8      Sway hips Right. Sway hips Left. (Facing 3 o'clock)

**Start Again**

**There are four restarts:**

1st Restart: Wall 4 Dance to Count 12. (&)Step together on Left. Restart facing 12 o'clock  
2nd Restart: Wall 5 Dance to Count 14. (7 ? 8) Step forward Right. Turn ¼ Left Restart facing 6 o'clock  
3rd Restart: Wall 7 Dance to Count 24. Restart facing 12 o'clock  
4th Restart: Wall 8 Dance to Count 14. (7 ? 8) Step forward Right. Turn ¼ Left Restart facing 6 o'clock

**NB: There is no & count on the 2nd and 4th restart.**

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