

One Bad Day

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Vivienne Scott (CAN)
音樂: One Bad Day - Lisa Brokop



Any mid pace
two step

WALK
FORWARD x2,
LUNGE
FORWARD,
WALK BACK
x2, COASTER
BACK

1-2 Walk

forward right,
left

3&4 Lunge

forward on right,
recover on left,
step back right

5-6 Walk back
left, right

7&8 Step back

left, step right
beside left, step
forward left

WALK
FORWARD x2,
LUNGE
FORWARD,
TURN BACK
x2, COASTER
BACK

1-2 Walk

forward right,
left

3&4 Lunge

forward on right,
recover on left,
step back right

5-6 Step back
left making a

1/2 turn left,

step back right
making 1/2 turn

left

7&8 Step back

left, step right
beside left, step
forward left

**SYNCOATED
ROCK STEPS
TRAVELING
FORWARD,
SIDE
SHUFFLES
WITH TURNS**

1&2 Rock right
on right
diagonal,
recover on left,
step right
forward

3&4 Rock left
on left diagonal,
recover on right,
step left forward

5&6 Step right
to right side,
close left beside
right, step side
right

7&8 Step left to
left side making
a 1/4 turn left,
close right
beside left, step
side left

**SIDE
SHUFFLES
WITH TURNS,
SIDE ROCK,
SAILOR STEP,
TURNING
COASTER
STEP**

1&2 Step right
to right side
making a 1/4
turn left, close
left beside right,
step side right

3&4 Step left to
left side making
a 1/4 turn left,
close right
beside left, step
left to left side
making 1/4 turn
left

5& Rock right to
right side,
recover on left

6&7 Cross right
behind left, step
left to left side,
step right in
place

&& Crossing
left behind right
step left back
making 1/4 turn
left, step right
beside left, step
left forward

Easier option:

**SIDE TOUCH,
STEP
TOGETHER,
TURNING
COASTER
STEP**

5-6 Touch right
to right side,
step right
beside left
(weight on
right)

7&8 Crossing
left behind right
step left back
making 1/4 turn
left, step right
beside left, step
left forward

**Restart for
?One Bad Day?
only:**

On wall 3 facing
6 o'clock,
dance the first
eight counts,
then:

1&2& Touch
right toe forward
bumping right
hip forward,
back, forward,
back (weight on
left)

Start again at
the beginning!

No more
restarts!

Enjoy!
