

# No bad DAYS !!

**COPPERKNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Val Saari (CAN) - December 2022  
音乐: No Bad Days (feat. Jimmie Allen) - Flo Rida



**Intro: 16 counts - Begin on the word "bad"**

## **BRUSH-BALL CROSS, SCISSORS CROSS**

1-4      Lightly brush RF forward, Step on RF  
3-4      Cross LF over right, hold  
5-6      Step RF step right, Step LF together  
7-8      Cross RF over left, hold

## **MODIFIED RUMBA BOX FWD, STEP TURN 1/2 L**

1-2      Step LF to left side, Step RF beside L  
3-4      Step LF forward, hold  
5-8      Step RF forward, Turn 1/2 turn left (weight on left, 6:00)

## **STEP-LOCK-STEP FWD, REVERSE COASTER**

1-2      Step RF forward, Lock LF behind R  
3-4      Step RF forward, hold  
5-6      Step LF forward, Step RF beside L  
7-8      Step LF back, Hold

## **BACK-LOCK-BACK, SAILOR STEP 1/4 L**

1-2      Step R back, Step L across R  
3-4      Step R back, Hold  
5-8      Sailor Step LRL turn 1/4 L (3:00), hold

**No tags, no restarts**

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