

Bad Hangover

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Frank Heelan (IRE) - March 2025
音乐: Bad Hangover - Shalisa



Sec 1 Heel & heel, walk, walk, rock recover, back lock back.

1&2& Dig right heel forward, step right together, dig left heel forward, step left together.
3-4 Walk forward right, left.
5-6 Rock forward on right, recover to left.
7&8 Step back right, lock left in front, step back right. (12.00)

Sec 2 Sailor step left & right, behind turn ¼ pivot ¼

1&2 Step left behind, step right to right, step left to left.
3&4 Step right behind, step left to left, step right to right.
5-6 Step left behind, turn ¼ right stepping forward right. (3.00)
7-8 Step forward left, pivot ¼ right. (weight to right) (6.00)

Sec 3 Cross shuffle, point & point & point, hitch, coaster step.

1&2 Cross left over right, step right to right, cross left over right
3&4 Point right to right, step ball of right next to left, point left to left.
&5-6 Step ball of left next to right, point right to right, hitch right across left.
7&8 Step back on right, step left together, step forward right.

Sec 4 Mambo step, coaster step, rock recover, sailor ¼ turn.

1&2 Rock forward on left, recover to right, step left next to right.
3&4 Step back on right, left together, step forward on right.
5-6 Rock forward on left, recover to right.
7&8 Turn ¼ left sweeping left behind, step right to right, recover to left. (3.00)

Tag: End of wall 6 facing (6.00) add 4 hip sways R,L,R,L.

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