

Not My Day (P)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Jeff Mills (UK) & Thelma Mills (UK)
音乐: Tired of Getting My Butt Kicked - The Bellamy Brothers



Position: Double Open Hand Position, Man facing OLOD, Lady facing ILOD. Man's footwork listed. Lady opposite footwork unless stated

STEP TOUCHES TWICE, VINE CROSS

- 1-2 Step left to left side, touch right next to left
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, step and cross right over left

SIDE, HOLD, ROCK STEP TWICE

- 9-10 Step left to left side, hold
- 11-12 Rock right behind left, recover onto left
- 13-14 Step right to right side, hold
- 15-16 Rock left behind right, recover onto right

½ TURN AND CHANGE SIDES, ¼ TURN STEP SLIDE, HITCH MAN:

- 17-18 **MAN:** Step forward left, step right ¼ turn left
 LADY: Step forward right, step left ¼ turn right
- 19-20 **MAN:** Step left ¼ turn left, touch right next to left
 LADY: Step right ¼ turn right, touch left next to right
- 21-22 **MAN:** Step right ¼ turn right, slide left next to right
 LADY: Step left ¼ turn left, slide right next to left
- 23-24 **MAN:** Step forward right, hitch left, into LOD
 LADY: Step forward left, hitch right, into LOD

On count 17, release man's right and lady's left hands and raise man's left, lady's right hands and during counts 17-19 lady to travel in front of man and turn under raised arm, you have now changed sides with man facing ILOD and lady facing OLOD

ROCK STEPS, HOLD, SLOW COASTER STEP ¼ TURN, HOLD

- 25-26 Step and rock onto left, recover back onto right
- 27-28 Step and rock back onto left, hold
- 29-30 Step back onto right, step left next to right
- 31-32 Step forward right ¼ turn right to face OLOD, hold

On count 32 release inside hands

BOTH: ¾ TURN, HOLD, MAN: BASIC, HOLD, LADY: ½ TURN, HOLD, INTO CLOSED POSITION

- 33 **MAN:** Step left ¼ turn right to face RLOD
 LADY: Step right ¼ turn left to face RLOD
- 34 **MAN:** Pivot ½ turn right stepping forward onto right
 LADY: Pivot ½ turn left stepping forward onto left
- 35-36 **MAN:** Step forward onto left into LOD, hold
 LADY: Step forward onto right into LOD, hold
- 37-38 **MAN:** Step forward right, left
 LADY: Step forward left, pivot ½ turn left stepping back onto right to face RLOD
- 39-40 **MAN:** Step forward right, hold
 LADY: Step back onto left, hold

On count 35, man picks up lady's right hand with his right and lady travels in front of man and turns under

raised arms. On count 38, change hands above lady's head and go into closed position

BASIC PATTERN LOD, HOLD TWICE

41-42 Step forward left, step forward right

43-44 Step forward left, hold

45-46 Step forward right, step forward left

47-48 Step forward right, hold

On count 48 release man's right, lady's left arm

½ TURN AND CHANGE SIDES, HOLD, ROTATE ½ TURN, HOLD, MAN:

49-50 **MAN:** Step forward left, step back onto right ¼ turn left

LADY: Step forward right, step forward onto left ¼ turn right

51-52 **MAN:** Step left to side ¼ turn left to RLOD, hold

LADY: Step forward right ¼ turn right to LOD, hold

53-56 **MAN:** Rotate ½ turn right (right, left, right) to LOD, hold

LADY: Rotate ½ turn right (left, right, left) to RLOD, hold

On count 49 raise man's left arm, lady's right and during counts 49-51 man to turn under raised arms and the lady to travel around back of man, you have now change sides and finish with man's left, lady's right hands at waist height. During counts 53-56 change hands at waist, man right to lady's right

MAN: BASIC, HOLD, LADY: 1 ½ TURNS, HOLD, BOTH: STEP SLIDE ¼ TURN, HOLD, MAN:

57 **MAN:** Step forward left

LADY: Pivot ½ turn right stepping forward right

58 **MAN:** Step forward right

LADY: Pivot ½ turn right stepping back on left

59-60 **MAN:** Step forward left, hold

LADY: Pivot ½ turn right stepping forward right to LOD, hold

61-62 **MAN:** Step forward right, step and slide left to right

LADY: Step forward left, step and slide right to left

63-64 **MAN:** Step forward right ¼ turn right, hold

LADY: Step forward left ¼ turn left, hold

On count 57 raise right hands and go into right side by side position. On count 59 and return into double open hand position on count 64

REPEAT
