

Bad Day

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Diven (USA)
音乐: Bad Day - Daniel Powter



RIGHT, ROCK, RECOVER, LEFT, ¼ TURN ROCK, RECOVER, CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE

- 1-2& Side step right to right side, rock back on left behind right, recover weight back to right foot
- 3-4& Step left to left side, turn ¼ turn right while rocking back on right foot behind left, step left foot to left side
- 5-6 Cross rock right over left, recover weight back to left foot
- 7-8& Side shuffle to the right, stepping right, step left next to right, step right to right side

CROSS ROCK, RECOVER, LEFT SIDE SHUFFLE, CROSS STEP, ¾ UNWIND, FULL TURN SHUFFLE

- 1-2 Cross rock left over right, recover weight back to right foot
- 3-4& Side shuffle to the left, stepping left, step right next to left, step left to left side
- 5-6 Cross step right over left, pivot ¾ turn to the left (weight ends on left foot)
- 7&8 Right shuffle forward, turning 1 full turn while stepping right, left, right

ROCK, RECOVER, LEFT SAILOR, RIGHT LUNGE, SYNCOPATED GRAPEVINE LEFT WITH ¼ TURN LEFT

- 1-2 Rock forward on left foot, recover weight back to right
- 3&4 Left sailor step
- 5-6 Lunge right with a rock on the right foot, recover weight back on the left foot
- 7&8 Step behind left foot with right foot, step left foot to left side, cross right foot in front of left foot turning ¼ turn to the left (weight forward on right foot)

SWEEP WITH ½ TURN, STEP, RIGHT SIDE SHUFFLE, ROCK, RECOVER, 1 ¼ TURNING SHUFFLE

- 1-2 Sweep left foot out front and around behind right foot while pivoting ½ turn to the left (weight on left foot behind right)
- 3&4 Right side shuffle stepping right, left next to right, right to right side
- 5-6 Rock back on left foot, recover weight to right foot
- 7&8 Turn 1 ½ turn to the left while stepping left, right, left (weight ends on the left foot)

REPEAT