

One Bad Day (Then I'll Be Ok!)

COPPER KNOB
STEPSHEETS

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



WALK FORWARD TWICE, LUNGE FORWARD, WALK BACK TWICE, 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 TWICE, LUNGE FORWARD, TURN BACK TWICE, 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 ½ turn left, step back right making ½ turn left
7&8 Step back left, step right beside left, step forward left

SYNCOPATED 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 ¼ 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 ¼ turn left, close left beside right, step side right
3&4 Step left to left side making a ¼ turn left, close right beside left, step left to left side making ¼ 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
&8& Crossing left behind right step left back making ¼ turn left, step right beside left, step left forward

Easier option:

ROCK STEP, TURNING COASTER STEP

5&6 Rock right to right side, recover on left, step right beside left (weight on right)
7&8 Crossing left behind right step left back making ¼ turn left, step right beside left, step left forward

REPEAT

RESTART

For "One Bad Day" only, on wall 3 facing 6:00, 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