

Should Have Stayed In Bed! (One Of Those Days)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lu Olsen (AUS)
音樂: One of Those Days - Carter & Carter



TRAVELING TO RIGHT FORWARD DIAGONAL - HEEL, DRAG, TOE, DRAG, RIGHT FORWARD, DRAG, STEP SCUFF

- 1-2-3-4 Right heel (toe raised) right forward diagonal, drag left towards right, ball of right (heel raised) to right forward diagonal, drag left towards right
- 5-6-7-8 Right heel (toe raised) right forward diagonal, drag left towards right, right (flat foot) to right forward diagonal, scuff left forward at left diagonal

TRAVELING TO LEFT FORWARD DIAGONAL - HEEL, DRAG, TOE, DRAG, RIGHT FOOT, DRAG, STEP SCUFF

- 1-2-3-4 Left heel (toe raised) left forward diagonal, drag right towards left, ball of left (heel raised) to left forward diagonal, drag right towards left
- 5-6-7-8 Left heel (toe raised) left forward diagonal, drag right towards left, left (flat foot) to left forward diagonal, scuff right forward at right diagonal

(½ RIGHT TURN) WITH STEP, SCUFF, STEP SCUFF, (FORWARD) STEP, SCUFF, STEP TAP

- 1-2 ¼ right pivot turn and right forward, scuff left over right
- 3-4 Start next ¼ right turn by stepping left over right, complete ¼ right turn and scuff right forward (6:00)
- 5-6-7-8 (Moving forward towards 6:00) right forward, scuff left forward, left forward, tap right beside left

½ RIGHT MONTEREY, ¼ RIGHT MONTEREY

- 1-2-3-4 Right toe to right, ½ right turn on left foot and place right beside left, left toe to left, left beside right
- 5-6-7-8 Right toe to right, ¼ right turn on left foot and place right beside left, left toe to left, drop left heel in place

Or optional harder Monterey turns

- 1-2-3-4 Right toe to right, ½ right turn on left foot and place right beside left, left toe to left, ¼ left turn on right foot and place left beside right
- 5-6-7-8 Right toe to right, ½ right turn on left foot and place right beside left, left toe to left, drop left heel in place

CROSS, HOLD OR (¼ PIVOT RIGHT OVER LEFT, HOLD), CROSS, HOLD OR (¼ PIVOT LEFT OVER RIGHT, HOLD) RIGHT TO RIGHT, LEFT OVER RIGHT, RIGHT TO RIGHT, LEFT OVER RIGHT

- 1-2 Cross right over left, hold (optional harder - ¼ left pivot turn on left foot and slightly cross right over left, hold)
- 3-4 Cross left over right, hold (optional harder - ¼ right pivot turn on right foot and slightly cross left over right, hold)
- 5-6-7-8 Right to right, cross left over right, right to right, cross left over right

¼ PIVOT RIGHT OVER LEFT, HOLD, FORWARD, HOLD, FORWARD, PIVOT, PIVOT

- 1-2 ¼ left pivot turn on ball of left foot and slightly cross right over left, hold
- 3-4 Left foot forward, hold
- 5-6-7-8 Right forward, ½ left pivot, right forward, ¼ left pivot

KICK, KICK, BACK, CROSS LEFT OVER RIGHT, TOE RIGHT, BESIDE, KICK, STEP FORWARD

- 1-2-3-4 Kick (twice) right forward - low (1) higher (2), right back at slight right back diagonal left over right
- 5-6-7-8 Right toe to right, tap right beside left, kick right forward, step right forward

KICK, KICK, BACK, CROSS RIGHT OVER LEFT, TOE LEFT, BESIDE, KICK, STEP FORWARD

- 1-2-3-4 Kick (twice) left forward - low (1) higher (2), left back at slight left back diagonal right over left
- 5-6-7-8 Left toe to left, tap left beside right, kick left forward, step left forward

REPEAT

TAG

On end of walls 1st, 3rd and last wall

- 1-2-3-4 Right forward, pivot $\frac{1}{2}$ left turn, right forward, pivot $\frac{1}{2}$ left turn

End of wall 6 (you will be facing the back to dance the tag) add:

- 1-2-3-4 Right forward, pivot $\frac{1}{2}$ left turn, right forward, pivot $\frac{1}{2}$ left turn
- 5-6-7-8 (4 Hip bumps)- right forward, left back, right forward, left back
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