

ONE BAD DAY

Count: 32

Wall: 4

Level: Beginner/Intermediate level

Choreographer: Vivienne Scott

Music: One Bad Day by Lisa Brokop

(Start when Lisa starts singing after the male voice intro)

Any mid pace two step

WALK FORWARD x2, LUNGE FORWARD, WALK BACK x2, 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 x2, LUNGE FORWARD, TURN BACK x2, 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 1/2 turn left, step back right making 1/2 turn left

7&8 Step back left, step right beside left, step forward left

SYNCOATED 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 1/4 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 1/4 turn left, close left beside right, step side right

3&4 Step left to left side making a 1/4 turn left, close right beside left, step left to left side making 1/4 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 1/4 turn left, step right beside left, step left forward

Easier option:

SIDE TOUCH, STEP TOGETHER, TURNING COASTER STEP

5-6 Touch right to right side, step right beside left (weight on right)

7&8 Crossing left behind right step left back making 1/4 turn left, step right beside left, step left forward

Restart for ?One Bad Day? only:

On wall 3 facing 6 o'clock, 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! No more restarts!

Enjoy!