

# ONE BAD DAY

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**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

## 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 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!**