



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

Script approved by *Vivienne S.*



Vivienne Scott

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
|---|---|--|--|
| Section 1 1 - 2 3 & 4 5 - 6 7 & 8 Restart:- 1 & 2 & | Walk Forward x2, Lunge, Step Back, Walk Back x2, Coaster Step. Step right forward. Step left forward. Lunge forward on right. Recover onto left. Step right back. Step left back. Step right back. Step left back. Step right beside left. Step left forward. During 3rd Wall only, (facing 6 o'clock) add the following extra 2 counts, then restart. Touch right toe forward bumping right hip forward, back, forward, back. | Walk Walk Lunge & Back Back Back Coaster Step | Forward Back On the spot |
| Section 2 1 - 2 3 & 4 5 - 6 7 & 8 | Walk Forward x2, Lunge, Step Back, Full Turn Left Travelling Back, Coaster Step. Step right forward. Step left forward. Lunge forward on right. Recover onto left. Step right back. Turn 1/2 left stepping left forward. Turn 1/2 left stepping right back. Step left back. Step right beside left. Step left forward. | Walk Walk Lunge & Back Turn Turn Coaster Step | Forward Back Turning left On the spot |
| Section 3 1 & 2 3 & 4 5 & 6 7 & 8 | Syncopated Rock Steps Forward, Right Chasse, 1/4 Turn Left Chasse. Rock right diagonally forward right. Recover onto left. Step right forward. Rock left diagonally forward left. Recover onto right. Step left forward. Step right to right side. Step left beside right. Step right to right side. Turn 1/4 left stepping left to left side. Step right beside left. Step left to left side. | Rock & Step Rock & Step Side Close Side Turn Close Side | Forward Right Turning left |
| Section 4 1 & 2 3 & 4 5 & 6 & 7 & 8 & Option:- (5 & 6) (7 & 8) | Chasses With Turns, Side Rock, Sailor Step, 1/4 Turning Coaster Step. Turn 1/4 left stepping right to right side. Step left beside right. Step right to right side. Turn 1/4 left stepping left to left side. Step right beside left. Step left to left side, making 1/4 turn left. Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Step right in place. Turn 1/4 left stepping left back. Step right beside left. Step left forward. To avoid some of the syncopation, replace counts 5 - 8 with the following: Rock right to right side. Recover onto left. Step right beside left. Turn 1/4 left stepping left back. Step right beside left. Step left forward. | Turn Close Side Turn Close Turn Side Rock Sailor Step Turn Close Step | Turning left On the spot Turning left |

BEGINNER/INTERMEDIATE

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- Vivienne Scott (Canada) May 2005.

Choreographed to:- 'One Bad Day' (98 bpm) by Lisa Brokup from 'Hey Do You Know Me' CD, start on vocals, 16 counts after male voice intro finishes,

Music Suggestion:- 'High Lonesome Sound' by Vince Gill from 'High Lonesome Sound' CD; 'Call Me The Breeze' by J. J. Cale from 'The Very Best Of J.J. Cale' CD.

Restart:- During 3rd wall, dance to end of section 1, add extra 2 counts then restart from beginning.