

## Bad Heart Day

BEGINNER

48 Count

Choreographed by: Max Perry

Choreographed to: Bad Heart Day by Rick Tippe

### **KICK, KICK, STEP, TOUCH, STEP, KICK, OUT, OUT, CLAP**

- 1 - 2 Kick left foot forward twice
- 3 - 4 Step left foot beside right-touch right toe back
- 5 - 6 Step right next to left-kick left foot forward
- & Small side step left with left foot
- 7 - 8 Small side step right with right foot-clap hands

### **STEP, TOGETHER, CLAP, OUT, OUT, IN, IN, ROCK STEP, COASTER STEP**

- \* & Small side step back to home position with left foot
- 1 - 2 Small side step home with right foot-clap
- \* & Step out with left foot
- 3 & 4 Step out with right foot-step in with left foot-step in with right foot
- 5 - 6 Rock step forward with left foot-step in place on right foot
- 7 & (coaster step)step back with left foot-step right foot beside left foot
- 8 Step forward with left foot

**/\*Please note on video Max started with his Right foot instead of his Left! Max was having a "Bad Heart Day!" Do it however you want & have FUN!**

### **4 QUARTER TURNS**

- 1 Step forward with right foot
- 2 Turn 1/4 to the left while stepping in place with left foot.
- 3 - 8 Repeat 1-2 three times

### **HEEL, HOLD, TURN, HEEL OUT, HOLD**

- 1 - 4 Place right heel forward and hold for counts 2,3,4.
- & Turn sharply 1/2 to the left placing weight on right foot on count &
- 5 - 8 Place left heel forward-hold for counts 6,7,8.

### **FOOT SWITCHES, STEP, TURN. TOE, HEEL, STEP, TOE, HEEL**

- & 1 Bring left foot next to right, touch right heel forward
- & 2 Bring right foot next to left, touch left heel forward
- & 3 Bring left foot next to right-step right heel forward
- 4 Turn 1/2 to the left while stepping left foot in place
- 5 Touch right toe in towards left instep
- 6 Touch right heel to right side with toe turned out
- 7 & Step right foot next to left-& touch left toe in towards right instep
- 8 Touch left heel to left side with toe turned out

### **VINE (1/4 TURN LEFT), KICK, BACK RIGHT, BACK LEFT, COASTER STEP (RIGHT-LEFT-RIGHT)**

- 1 - 2 Step to left with left foot. Step behind left with right foot.
- 3 - 4 Step to left with left foot making a 1/4 turn to left. Scuff right heel forward.
- 5 - 6 Step back on right foot. Step back on left foot.
- 7 & (Coaster step) step back with right foot & step left foot next to right.
- 8 Step forward with right foot.

### **REPEAT**