



## No Bad Days!!

32 Count 4 Wall Beginner Level Dance.  
Choreographed by: Val Saari (CAN) Dec 2022  
Choreographed to: No Bad Days by Flo Rida feat. Jimmie Allen  
Intro: 16 Counts. Start at approx 11 secs.

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### SEC 1 BRUSH-BALL CROSS, SCISSORS CROSS

- 1-4 Lightly brush RF forward, step on RF
- 3-4 Cross LF over right, hold
- 5-6 Step RF step right, step LF together
- 7-8 Cross RF over left, hold

### SEC 2 MODIFIED RUMBA BOX FWD, STEP TURN ½

- 1-2 Step LF to left side, step RF beside L
- 3-4 Step LF forward, hold
- 5-6 Step RF forward, hold
- 7-8 Turn ½ turn left (weight on left), hold (6:00)

### SEC 3 STEP-LOCK-STEP FWD, REVERSE COASTER

- 1-2 Step RF forward, Lock LF behind R
- 3-4 Step RF forward, hold
- 5-6 Step LF forward, step RF beside L
- 7-8 Step LF back, hold

### SEC 4 BACK-LOCK-BACK, SAILOR STEP ¼

- 1-2 Step R back, step L across R
- 3-4 Step R back, hold
- 5-6 Turn ¼ turn left step L behind R, step RF to right side (3:00)
- 7-8 Step LF to left side, hold

