

SHIT DAY

WE ALL HAVE THEM

WRITTEN BY; DIANA BISHOP

SONG & ARTIST; Blow me one last kiss (shit day) by PINK

FOR -SLOWER MUSIC USE SONG "TRY" by PINK

UPPER BEGINNER -INTERMEDIATE

2 WALL DANCE 48 COUNTS bishops@bigpond.com 21-2-2013

BEATS

STEPS

1&2.3.4.5&6.7.8

Shuffle 1/2 rock back, fwd, shuffle side rock back fwd

SHUFFLE 1/2 TO L ON R,L,R, ROCK BACK L FWD ONTO R

SIDE SHUFFLE L ON L,R,L, ROCK BACK R FWD L

1&2.3&4.5.6.7.8.

Shuffle to r crn, shuffle fwd, tap front, stomp side ,bend turn, scuff

SHUFFLE TO R CRN 45deg ON R,L,R, SHUFFLE FWD ON L,R,L

TAP R TOE FWD, STOMP R TO R SIDE (bend both knees on the stomp to r) TWIST 1/4 TO L ON BALLS OF TOES OF BOTH FEET, SCUFF R FWD,

1&2.3.4&5.6&7.8

Shuffle 1/2 rock back, fwd & jump & jump

SHUFFLE 1/2 TO L ON R,L,R, ROCK BACK L FWD ONTO R

TO L 45deg crn JUMP ONTO L, BRING R NEXT TO L & CLAP

TO L 45deg crn JUMP ONTO L, BRING R NEXT TO L & CLAP

&1.2&3.4.5.6.7&8

& jump & jump side , behind triple step,

TO L 45deg crn JUMP ONTO L, BRING R NEXT TO L & CLAP

TO L 45deg crn JUMP ONTO L, BRING R NEXT TO L & CLAP

STEP R TO R SIDE, STEP L BEHIND R, TRIPLE STEP R,L,R

1.2.3&4.5.6.7.8.

Step 1/4 L, step 1/4 L, 1/2 turning shuffle L, walk fwd, turn 1/4 L WEweight onto L

TURN 1/4 L STEP ONTO L, TURN 1/4 L STEP R TO R SIDE

SHUFFLE 1/2 TURN L ON L,R,L

WALK FWD ON R,L,R TURN 1/4 L, TRANSFER WEIGHT ONTO L

1&2.3&4.5.6.7.8.

Double hip r, double hip L, rotate hips round twice

HIP BUMP TO R ON R.L.R. HIP BUMP TO L ON L.R.L

ROLL HIPS FROM R TO L, ROLL HIPS FROM R TO L (circulate hips)

Put arms above head on hip rolls claps hands tog- at top