

Had A Bad Day

32 Count, 2 Wall, Int/Adv

Choreographer: Rachael McEnaney (Eng) Nov 2011

Choreographed to: Had A Bad Day

by Calle Kristiansson (70 bpm)

Count In: 8 counts from start of track.**1 – 8 Back R sweeping L, L behind side cross, R side rock cross, side L, full turn ($\frac{3}{4}$)sailor R, L side rock cross**

- 1 2 & 3 Step back on right sweeping left foot from front to back (1), cross left behind right (2), step right to right side (&), cross left over right (3) 12.00
& 4 & 5 Rock right to right side (&), recover weight onto left (4), cross right over left (&), step left to left side (5) 12.00
6 & 7 Make full turn to right doing a right sailor step: Cross right behind left making $\frac{1}{8}$ turn right (6), make $\frac{1}{8}$ turn right stepping slightly back on left (&), make $\frac{1}{2}$ turn right stepping forward on right (7) (the directions are just a guideline for making the sailor, shape upper body to right as you do it – feels good) 9.00 or 12.00
& 8 & Make $\frac{1}{4}$ turn right rocking left to left side (to complete full turn of sailor) (&), recover weight onto right (8), cross left over right (&) 12.00

Restart here on 7th wall (12.00) – do first 8 counts of dance, then start again facing 12.00 12.00**9 – 17 R nightclub basic, L nightclub basic, $\frac{1}{4}$ turn R, full turn R, run back R, L**

- 1 2 & Step right to right side (1), step left next to & slightly behind right (2), cross right over left (&) 12.00
3 4 & 5 Step left to left side (3), step right next to & slightly behind left (4), cross left over right (&) Make $\frac{1}{4}$ turn right stepping forward on right (5), 3.00
6 & 7 Make $\frac{1}{2}$ turn right stepping back on left (6), make $\frac{1}{2}$ turn right stepping forward on right (&), step forward on left rocking all weight forward (7) 3.00
8 & 1 Step back on right (8), step back on left (&), step back on right as you sweep left foot back (1) 3.00

18 – 24 L behind side cross (sweep R), R cross, L side, rock back on R, step R, rock back on left, $\frac{1}{4}$ R, $\frac{1}{4}$ R

- 2 & 3 Cross left behind right (2), step right to right side (&), cross left over right sweeping right foot to front (3) 3.00
4 & 5 Cross right over left (4), step left to left side (&), rock back on right opening body to right diagonal (5) 4.30
6 & 7 Recover weight onto left (6), step right to right side (&), rock back on left opening body to left diagonal (7) 1.30
& 8 & Recover weight onto right (&), make $\frac{1}{4}$ turn right stepping back on left (8), make $\frac{1}{4}$ turn right stepping right to right side (&) 9.00

25 – 32 Walk forward L R, full turn forward to R, L mambo drag back, R back rock, step R, $\frac{1}{4}$ L, R cross, L side

- 1 – 2 Step forward on left slightly across in front of right (1), step forward on right (2) 9.00
3 & Make $\frac{1}{2}$ turn right stepping back on left (3), make $\frac{1}{2}$ turn right stepping forward on right (&) 9.00
4 Rock forward on left (4) 9.00
Restart here on 4th wall - step back on right making $\frac{1}{4}$ turn left to sweep L foot to restart at 12.00
& 5 Recover weight onto right (&), take big step back on left dragging right towards left (5) (weight left) 9.00
6 & 7 & Rock back on right (6), recover weight onto left (&), step forward on right (7), pivot $\frac{1}{4}$ turn left (&) 6.00
8 & Cross right over left (8), step left to left side (&) 6.00

Restarts: There are 2 restarts.

4th Wall after 28 counts – face front to restart.

7th wall after 8 counts – face front to restart.