

Had A Bad Day

Choreographer: Rachael McEnaney (Eng) Nov 2011

Count: 32 / **Wall:** 2 / **Level:** High Intermediate

Music: "Had A Bad Day" – Calle Kristiansson

Count In: 8 counts from start of track. Approx 70bpm.

- 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 / cross left behind right
step right to right side / cross left over right
& 4 & 5 Rock right to right side / recover weight onto left / cross right over left / step left to left side
6 & 7 Make full turn to right doing a right sailor step: Cross right behind left making $\frac{1}{8}$ turn right / make $\frac{1}{8}$ turn
right stepping slightly back on left (3) / make $\frac{1}{2}$ turn right stepping forward on right (9)
(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 (12) / to complete full turn of sailor) /
recover weight onto right cross left over right
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 / step left next to / slightly behind right / cross right over left
3 4 & 5 Step left to left side / step right next to / slightly behind left / cross left over right /
Make $\frac{1}{4}$ turn right stepping forward on right (3)
6 & 7 Make $\frac{1}{2}$ turn right stepping back on left (9) / make $\frac{1}{2}$ turn right stepping forward on right (3) /
step forward on left rocking all weight forward
8 & 1 Step back on right / step back on left / step back on right as you sweep left foot back
- 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 / step right to right side / cross left over right sweeping right foot to front /
4 & 5 Cross right over left / step left to left side / rock back on right opening body to right diagonal (4.30)
6 & 7 Recover weight onto left / , step right to right side / rock back on left opening body to left diagonal (1.30)
& 8 & Recover weight onto right / make $\frac{1}{4}$ turn right stepping back on left (6) /
make $\frac{1}{4}$ turn right stepping right to right side (9)
- 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 / step forward on right
3 & Make $\frac{1}{2}$ turn right stepping back on left (3) / make $\frac{1}{2}$ turn right stepping forward on right (9)
4 Rock forward on left
Restart **here on 4th wall – after count 4 – 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 (weight left)
6 & 7 & Rock back on right / recover weight onto left / step forward on right / pivot $\frac{1}{4}$ turn left (6)
8 & Cross right over left / step left to left side
- Notes:** **There are 2 restarts. 4th Wall after 28 counts – face front to restart. 7th wall after 8 counts – face front to restart**