

# Had A Bad Day

Count: 32

Wall: 2

Level: High Intermediate

Choreographer: Rachael McEnaney (Eng) Nov 2011

Music: "Had A Bad Day" – Calle Kristiansson

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

**Notes: There are 2 restarts. 4th Wall after 28 counts – face front to restart. 7th wall after 8 counts – face front to restart.**

**[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 – 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 (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