



Had A Bad Day

Choreographed by **Rachael McEnaney (UK) (November 2011)**

www.dancejam.co.uk - Rachaeldance@me.com

Tel: 07968 181933



Description:	32 Counts, 2 Walls, High Intermediate line dance
Music:	"Had A Bad Day" – Calle Kristiansson (available on itunes, amazon and all major mp3 websites)
Count In:	8 counts from start of track. Approx 70bpm
Notes:	There are 2 restarts. 4 th Wall after 28 counts – face front to restart. 7 th wall after 8 counts – face front to restart.

Section	Footwork	End Facing
1 – 8	Back R sweeping L, L behind side cross, R side rock cross, side L, full turn(¾)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 1/8 turn right (6), make 1/8 turn right stepping slightly back on left (&), make ½ turn right stepping forward on right (7) <i>(the directions are just a guideline for making the sailor, shape upper body to right as you do it – feels good ☺)</i>	9.00 or 12.00
& 8 &	Make ¼ 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, ¼ 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 ¼ turn right stepping forward on right (5),	3.00
6 & 7	Make ½ turn right stepping back on left (6), make ½ 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, ¼ R, ¼ 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 ¼ turn right stepping back on left (8), make ¼ 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, ¼ 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 ½ turn right stepping back on left (3), make ½ turn right stepping forward on right (&)	9.00
4	Rock forward on left (4) Restart here on 4th wall – after count 4 – step back on right making ¼ turn left to sweep L foot to restart at 12.00	9.00
& 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 ¼ turn left (&)	6.00
8 &	Cross right over left (8), step left to left side (&)	6.00