

# Had A Bad Day

Choreography:	Rachael McEnaney
Description:	32 Counts, 2 Walls, High Intermediate line dance
Music:	Calle Kristiansson – Bad Day

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.

## **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) *(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&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**

## **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)

## **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&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)

*...taught and danced at*



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**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) (9:00)  
**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**  
&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)

**REPEAT**

**RESTART**

- 1<sup>st</sup> restart on wall 4:** Dance first 28 counts of the dance, then step back on right making ¼ turn left to sweep L foot to restart at 12.00  
**2<sup>nd</sup> restart on wall 7:** Do first 8 counts of dance, then start again facing 12.00

*...taught and danced at*

**Klitgaarden**

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