



Approved by:

Rachael McEnaney

Had A Bad Day

2 WALL - 32 COUNTS - INTERMEDIATE/ADVANCED

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 2 & 3 & 4 & 5 6 & 7 & 8 & Restart 2	Back, Behind Side Cross, Side Rock Cross, Side, Full Turn, Rock & Cross Step right back, sweeping left from front to back. Cross left behind right. Step right to right side. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Step left to side. Sailor turn right: Cross right behind left 1/8 turn right. Step left slightly back 1/8 turn right. Step right forward 1/2 turn right. Turn 1/4 right rocking left to side. Recover onto right. Cross left over right. (12:00) Wall 7: Dance to count 8 &, then Restart dance from beginning facing 12:00.	Back Behind Side Cross Rock & Cross Side Sailor Turn Rock & Cross	Back Right Left Turning right Right
Section 2 1 – 2 & 3 – 4 & 5 6 & 7 8 & 1	NC Basic x 2, 1/4 Turn, Full Turn, Run Back Step right to side. Step left slightly behind right. Cross right over left. Step left to side. Step right slightly behind left. Cross left over right. Make 1/4 turn right stepping right forward. (3:00) Make 1/2 turn right stepping left back. Make 1/2 turn right stepping right forward. Step left forward rocking all weight forward. Step right back. Step left back. Step right back, sweeping left foot back. (3:00)	Side Back Cross Side Back Cross Quarter Full turn Step Run Run Sweep	On the spot Turning right Forward Back
Section 3 2 & 3 4 & 5 6 & 7 & 8 & &	Behind Side Cross, Cross, Side, Back Rock, Side, Back Rock, 1/4 Turn x 2 Cross left behind right. Step right to side. Cross left over right, sweeping right to front. Cross right over left. Step left to left side. Rock back on right, opening body to right diagonal. (4:30) Recover onto left. Step right to right side. Rock back on left, opening body to left diagonal. (1:30) Recover onto right. Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right to right side. (9:00)	Behind Side Cross Cross Side Rock Recover & Rock & Quarter Quarter	Right Left On the spot Turning right
Section 4 1 – 2 3 & 4 Restart 1 & 5 6 & 7 & 8 &	Walk x 2, Full Turn, Mambo Drag Back, Back Rock, Step, Pivot 1/4, Cross, Side Step left forward slightly in front of right. Step right forward. (9:00) Make 1/2 turn right stepping left back. Make 1/2 turn right stepping right forward. Rock forward on left. (9:00) Wall 4: Restart dance, turning 1/4 left on count 1 with sweep left to begin again. (12:00) Recover onto right. Step left big step back, dragging right towards left. (9:00) Rock right back. Recover onto left. Step right forward. Pivot 1/4 turn left. (6:00) Cross right over left. Step left to left side.	Walk Walk Full Turn Rock Recover Back Rock & Step Quarter Cross Side	Forward Turning right On the spot Back Turning left Left

Choreographed by: Rachael McEnaney (UK) November 2011

Choreographed to: 'Bad Day' by Calle Kristiansson (70 bpm) from CD Calle Kristiansson; download available from amazon.co.uk or iTunes (8 count intro)

Restarts: Two Restarts, one during Wall 4 and one during Wall 7



A video clip of this dance is available at www.linedancermagazine.com