

No More Bad Days

32 count, 4 wall, intermediate level

Choreographer: Eric Tan (Singapore) Sept 2002

Choreographed to: Bad Day by Daniel Powter
(70 bpm)

8 count intro

STEP RIGHT TO SIDE, CROSS ROCK, SCISSOR STEP, ¾ TURN LEFT STEPPING R L, ½ TURN LEFT STEP R BACK, COASTER STEP, ¾ TURN LEFT STEPPING R L

- 1 Step R to side
- 2& Cross L over R, recover weight on R
- 3&4 Step L to side, step R beside L, cross L over R
- &5 Turning ¼ left step R back, turning ½ left step L forward
- 6 Turning ½ left step R back
- 7&8 Step L back, step R beside L, step L forward
- &1 Turning ½ left step R back, turning ¼ left step L to side

KICK BALL CROSS, STEP R, KICK BALL CROSS, STEP ¼ TURN LEFT, CROSS ROCK, SIDE ROCK, STEP R BIG STEP BACK

- 2&3& Kick R forward, step R slightly back, cross L over R, step R to side
- 4&5 Kick L forward, step L slightly back, cross R over L
- 6 Turning ¼ left step L forward
- 7&8& Cross rock R over L, recover on L, rock R to side, recover on L (3rd Restart on Wall 7 after counts 8&, step R to side to start dance on count 1 from the beginning)
- 1 Step R a big step back dragging L towards R

COASTER, FORWARD LOCK STEP, STEP R FORWARD, PIVOT ¼ LEFT, CROSS & HEEL, STEP BACK, CROSS SHUFFLE

- 2& Step L back, step R next to L
- 3&4 Step L forward, lock R behind L, step L forward
- &5 Step R forward, pivot ¼ left stepping on L
- 6&7& Cross R over L, step L diagonally back, touch R heel forward, step R slightly back
- 8&1 Cross L over R (2nd Restart on Wall 6 after count 8, step R to side to start dance on count 1 from the beginning), step R to side, cross L over R

SIDE ROCK, BEHIND, STEP ¼ LEFT, RIGHT CHASSE, CROSS HITCH, WEAVE, SAILOR STEP

- 2&3& Rock R to side, recover on L, step R behind L, turning ¼ left step L forward
- 4&5 Step R to side, step L beside R, step R to side (1st Restart on Wall 3 after counts 4&, step R to side to start dance on count 1 from the beginning)
- 6&7& Hitch L knee across R, step L to side, step R across L, step L to side
- 8&1 Step R behind L, step L to side, pushing on L step R long step to side to start dance again

Restarts

Wall 3: After counts 28& (9:00)

Wall 6: After count 24 (9:00)

Wall 7: After counts 16& (6:00)

Ending: As the music fades continue dancing till you face the front wall with the right chasse (28&29)

This dance is dedicated to The Wild West Singapore on their 5th Anniversary Celebration

Music download available from itunes