



# Had A Bad Day

Choreographed by **Rachael McEnaney**

Description: 32 count, 2 wall, high intermediate line dance

Music: **Had A Bad Day** by Calle Kristiansson (~70 bmp)

Count In: 8 counts from start of track.

## **BACK R SWEEPING L, WEAVE, SIDE-ROCK-CROSS, SIDE L, 3/4 TURNING SAILOR STEP, L SIDE ROCK CROSS**

- 1,2&3 Step back on right sweeping left foot front to back, hook left behind right, step right to right, cross left over right
- &4&5 Rock right to right side, recover weight onto left, cross right over left, step left to left side
- 6&7 Hook right behind left making 1/8 turn right, make 1/8 turn right stepping slightly back on left, make 1/2 turn right stepping forward on right (9:00)
- &8& Make 1/4 turn right rocking left to left side, recover weight onto right, 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**

## **2 NIGHTCLUB BASICS, 1/4 TURN RIGHT, FULL TURN RIGHT, RUN BACK (X2)**

- 1,2& Step right to right side, step left next to & slightly behind right, cross right over left
- 3,4&5 Step left to left, step right next to & slightly behind left, cross left over right, 1/4 turn right stepping fwd right (3:00)
- 6&7 Make 1/2 turn right stepping back on left, make 1/2 turn right stepping forward on right, rock forward on left
- 8&1 Step back on right, step back on left, step back on right as you sweep left foot back

## **WEAVE & SWEEP, R CROSS, L SIDE, ROCK BACK ON R, STEP R, ROCK BACK ON LEFT, 1/4 R, 1/4 R,**

- 2&3 Hook left behind right, step right to right side, cross left over right sweeping right foot to front
- 4&5 Cross right over left, step left to left side, rock back on right opening body to right diagonal (4:30)
- 6&7 Recover weight onto left, step right to right side, rock back on left opening body to left diagonal (1:30)
- &8& Recover weight to right, make 1/4 turn right stepping back on left, make 1/4 turn right stepping right to right (9:00)

## **WALK FORWARD (X2), FULL TURN FORWARD, MAMBO DRAG BACK, R BACK ROCK, STEP R, 1/4 L, R CROSS, L SIDE**

- 1-2 Step forward on left slightly across in front of right, step forward on right
- 3& Make 1/2 turn right stepping back on left, make 1/2 turn right stepping forward on right
- 4 Rock forward on left

**Restart here on 4th wall – after count 4 – step back on right making 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 (weight left) (9:00)
- 6&7& Rock back on right, recover weight onto left, step forward on right, pivot 1/4 turn left (6:00)
- 8& Cross right over left, step left to left side