Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Mark Caley (UK) & Jan Caley (UK) - September 2007

Musik: Bad Day (7" Almighty Mix) - Belle Lawrence : (This is a fast cover mix of David Pewter's hit)

Start On main Vocals -32 Count intro approx 15 secs

(The track is 3min 59secs long - we suggest you fade out the dance after about 3min or whenever you feel) Available from C/D via http://www.almightyrecords.com or Download track for 99 pence

RIGHT KICK BALL CHANGE, PIVOT 1/2 TURN LEFT, WALK FWD RIGHT LEFT(or full turn fwd), ROCK RECOVER

1&2	Kick right forward, step down on ball of right foot, Step forward on Left
3-4	Step forward on Right, Pivot 1/2 Turn Left (6.00)
5-6	Walk forward Right, Left (Optional Full Turn left forward stepping Right, Left)
7-8	Rock forward on Right, Recover weight on to Left (6.00)

JUMP BACK, OUT, OUT. HOLD, & CROSS, Hold, (2x) HEEL BOUNCES with 1/2 TURN LEFT, RIGHT BACK ROCK

&9	Jump Right Back and out Right to Right side. Jump Left Back and out Left to Left side.
10	Hold and Clap. (Feet Shoulder Width Apart) (Weight on Right)
&11-12	Jump Left Back and into Centre. Cross Right over Left. Hold and Clap.
13-14	Bounce both heels x 2 whilst making 1/2 turn Left. (Weight ends on Left) (12.00)
15-16	Rock back on Right. Rock forward on Left.

RIGHT SHUFFLE FORWARD, CROSS, POINT (2x) LEFT CROSS, BACK RIGHT

- 17&18 Right Shuffle forward stepping Right, Left, Right (Optional Right triple fwd turning Left) (12.00)
- 19-20 Step Left forward crossing slightly over Right, Point Right out to Right side
- 21-22 Step Right forward crossing slightly over Left, Point Left out to Left side
- 23-24 Cross Left over Right, Step back on Right

CHASSES TO LEFT, RIGHT SAILOR, LEFT SAILOR with 1/4 TURN LEFT, ROCK BACK, RECOVER

- 25&26 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 27&28 Cross Right behind Left, Step Left beside Left. Step forward on Right
- 29&30 Sweep/Cross Left behind Right turning 1/4 turn Left. Step Right beside Left, Step Left to Left side (9.00)
- 31-32 Rock back on Right, Rock forward on Left

START AGAIN

EMail / Website

