

# My Bad Times Are Past

Count: 32

Wall: 4

Level: Improver

Choreographer: Sebastiaan Holtland (NL) - July 2022

Music: Bad For Me (feat. Teddy Swims) - Meghan Trainor



One restart after 8 counts.

Intro: 32 counts, start approx 22 sec.

## Part 1

**[1-8] R Side, L Together, R Knee Pop Fwd, Cross Sailor 1/8 R, Press L with Sweep L, Sailor Fwd L.**

- 1,2 Step Rf to R (1), Step Lf beside Rf and pop R knee fwd (2).  
3&4 Step Rf across Lf (3), Make 1/8 turn R (1.30) step Lf to L (&), Step Rf to R (4).  
5,6 On diagonal: Press Lf fwd (5), Recover back onto Rf and sweep Lf from front to back (6).  
7&8 Step Lf behind Rf (7), Make 1/8 turn R (3.00) step Rf to R (&), Step Lf fwd (8).

( NB: RESTART HERE IN WALL 4 AFTER 8 COUNTS, AFTER START AGAIN ).

**Part 2 [9-16] R Side, L Together, Press R with Sweep R, R Back, Sweep L, Anchor Step L, Step R, Side Point L.**

- 1&2 Step Rf to R (1), Step Lf beside Rf (&), Press Rf fwd (2).  
3,4 Recover back onto Lf and sweep Rf from front to back (3), Step Lf small back and sweep Lf from front to back (4).  
5&6 Step Lf behind Rf (5), Step Rf in place (&), Step Lf in place (6).  
7,8 Step Rf fwd (7), Point Lf out to L (8).

**Part 3 [17-24] Diamond 1/2 L.**

- 1&2 Step Lf fwd (1), Make 1/8 turn L (1.30) step Rf to R (&), Step Lf back (2).  
3&4 Step Rf slightly back (3), Make 1/8 turn R (12.00) step Lf to L (&), Step Rf fwd (4).  
5&6 Step Lf fwd (5), Make 1/8 turn L (10.30) step Rf to R (&), Step Lf back (6).  
7&8 Step Rf slightly back (7), Make 1/8 turn R (9.00) step Lf to L (&), Step Rf fwd (8).

**Part 4 [25-32] Side Rock L, Sailor Step L, R Together, L Step, Knee Lift R, Syncopated Side Points R, L.**

- 1,2 Rock Lf to L (1), Recover back onto Rf (2).  
3&4 Step Lf behind Rf (3), Step Rf to R (&), Step Lf to L (4).  
&5,6 Step Rf beside Lf (&), Step Lf fwd (5), Lift R knee up (6).  
7& Point Rf out to R (7), Step Rf beside Lf (&).  
8& Point Lf out to L (8), Step Lf beside Rf (&).

**REPEAT THE DANCE AND HAVE FUN!!**