

Bad Day

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gary Steele (UK)

Music: Bad Day - Daniel Powter



SIDE, CROSS ROCK, AND CROSS UNWIND ½, SIDE ROCK CROSS AND CROSS

- 1-3 Step left to left side, cross rock right over left, recover weight onto left
- &4 Step right foot in place, cross left over right
- 5 Unwind ½ turn over right shoulder
- 6&7 Rock right out to right side, recover weight onto left, cross right over left
- &8 Step left in place, cross right over left

AND POINT FORWARD, SIDE, CHASSE RIGHT, SAILOR STEP, CROSSING SHUFFLE

- &1-2 Step left in place, point right foot forward, right side
- 3&4 Right side together side
- 5&6 Left sailor step
- 7&8 Right crossing shuffle

¼ STEP KICK, CROSS BACK CROSS, COASTER STEP, FORWARD ROCK RECOVER ½ TURN STEP

- 1-2 Step left forward making a ¼ turn left, kick right foot forward
- 3&4 Cross right over left, step left back, cross right over left
- 5&6 Left coaster step
- 7&8 Rock forward on right foot, recover onto left, step forward right making ½ turn right

2 WALKS FULL TURN RIGHT, MAMBO FORWARD LEFT, WALK BACK RIGHT LEFT, COASTER STEP

- 1-2 Making a full turn right, step left ½ turn, right ½ turn
- 3&4 Mambo forward on the left
- 5-6 Walk back right, left
- 7&8 Right coaster step

REPEAT

RESTART

On 7th wall repeat the dance up to count 5. Keep weight on right foot and restart the dance from here.
