

# Bad Day

拍数: 40      墙数: 2      级数: Intermediate  
编舞者: Jean Coates & Mervyn Coates  
音乐: Bad Day - Daniel Powter



This is a smooth, slow and flowing dance

## CROSS AND HEEL, &, CROSS AND HEEL, & STEP ½ TURN, TRIPLE FULL TURN (RIGHT MAMBO)

1&2      Cross right over left, step left to left side, touch right heel forward  
&3&4      Step right next to left, cross left over right, step right to right side, touch left heel forward  
&5-6      Step left next to right, step forward on right, pivot ½ turn left  
7&8      Step back right turning ½ left, step forward left turning ½ left, step side right  
Option:      7&8 Rock forward on right, recover on left, step side right

## BACK ROCK SIDE, BACK ROCK SIDE, SAILOR ¼ TURN, TRIPLE FULL TURN (RIGHT SHUFFLE)

1&2      Cross rock left behind right, recover on right, step left to left side  
3&4      Cross rock right behind left, recover on left, step right to right side  
5&6      Cross step left behind right, make a ¼ turn left step right to right side, step left to left side  
7&8      Step back right turning ½ left, step forward left turning ½ left, step forward right  
Option:      7&8 Step forward right, step left next to right, step forward right

## WALK, WALK, MAMBO STEP, FULL TURN, (SWAY SWAY,) BEHIND & CROSS

1-2      Walk forward left - right  
3&4      Rock forward on left, recover on right, step back left  
5-6      Stepping forward on right turn ½ right, stepping back on left turn ½ right  
Option:      5-6      Sway to right, sway to left  
7&8      Cross step right behind left, step left to left side, cross step right over left

## STEP, SAILOR ¼ TURN, STEP, STEP SLIDE, ROLLING VINE (SIDE CROSS SIDE)

1      Step left to left side  
2&3      Cross step right behind left, make a ¼ turn right step left to left side, step right to right side  
4      Step left forward  
5-6      Step right to right side (long step), slide and touch left next to right  
7&8      Full turn left, traveling left - left, right, left (step left to left side, cross right over left, step left to left side)

## REPEAT

## RESTART

Restart on wall 3 after count 36

Restart on wall 6 after count 8, adding an '&' step on to left foot