

Had A Bad Day

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Rachael McEnaney (USA) - November 2011
音乐: Bad Day - Calle Kristiansson



Count In: 8 counts from start of track. Approx 70bpm

Notes: There are 2 restarts. 4th Wall after 28 counts – face front to restart. 7th wall after 8 counts – face front to restart.

[1 – 8] Back R sweeping L, L behind side cross, R side rock cross, side L, full turn(¾)sailor R, L side rock cross

- 1 2 & 3 Step back on right sweeping left foot from front to back (1), cross left behind right (2), step right to right side (&), cross left over right (3) 12.00
- & 4 & 5 Rock right to right side (&), recover weight onto left (4), cross right over left (&), step left to left side (5) 12.00
- 6 & 7 Make full turn to right doing a right sailor step: Cross right behind left making 1/8 turn right (6), make 1/8 turn right stepping slightly back on left (&), make ½ turn right stepping forward on right (7) (the directions are just a guideline for making the sailor, shape upper body to right as you do it – feels good) 9.00 or 12.00
- & 8 & Make ¼ turn right rocking left to left side (to complete full turn of sailor) (&), recover weight onto right (8), 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 [12.00]

[9 – 17] R nightclub basic, L nightclub basic, ¼ turn R, full turn R, run back R, L

- 1 2 & Step right to right side (1), step left next to & slightly behind right (2), cross right over left (&) 12.00
- 3 4 & 5 Step left to left side (3), step right next to & slightly behind left(4), cross left over right(&) Make ¼ turn right stepping forward on right (5), 3.00
- 6 & 7 Make ½ turn right stepping back on left (6), make ½ turn right stepping forward on right (&), step forward on left rocking all weight forward (7) 3.00
- 8 & 1 Step back on right (8), step back on left (&), step back on right as you sweep left foot back (1) 3.00

[18 – 24] L behind side cross (sweep R), R cross, L side, rock back on R, step R, rock back on left, ¼ R, ¼ R,

- 2 & 3 Cross left behind right (2), step right to right side (&), cross left over right sweeping right foot to front (3) 3.00
- 4 & 5 Cross right over left (4), step left to left side (&), rock back on right opening body to right diagonal (5) 4.30
- 6 & 7 Recover weight onto left (6), step right to right side (&), rock back on left opening body to left diagonal (7) 1.30
- & 8 & Recover weight onto right (&), make ¼ turn right stepping back on left (8), make ¼ turn right stepping right to right side (&) 9.00

[25 – 32] Walk forward L R, full turn forward to R, L mambo drag back, R back rock, step R, ¼ L, R cross, L side

- 1 - 2 Step forward on left slightly across in front of right (1), step forward on right (2) 9.00
- 3 & Make ½ turn right stepping back on left (3), make ½ turn right stepping forward on right (&) 9.00
- 4 Rock forward on left (4) 9.00

Restart here on 4th wall – after count 4 – step back on right making ¼ 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 (5) (weight left) 9.00

6 & 7 & Rock back on right (6), recover weight onto left (&), step forward on right (7), pivot ¼ turn left (&) 6.00

8 & Cross right over left (8), step left to left side (&) 6.00
