

# HAVIN A BAD DAY

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**Count:** 32

**Wall:** 4

**Level:** Intermediate level

**Choreographer:** Kirsty Bycroft (Australia) Sept 05

**Music:** Bad Day by Daniel Powter

**(8 Count intro) Length of Music 3:54 Dance rotates ¼ turn right each wall**

**Cross Rock. Side Across.Side. Behind. Side. Cross Rock. ¼ Turn. Full Turn Triple.**

- 1 2&** Rock Right over Left. Replace weight on Left. Step Right to Right side.
- 3&4&** Step Left across Right. Step Right to Right side. Step Left behind Right. Step Right to Right Side
- 5 6&** Rock Left over Right. Replace weight on Right. ¼ turn Left. Step forward on Left
- 7&8** Full turn Left triple step. (Facing 9 o'clock)

**Step Pivot Step. Right Step Lock. Rock Replace. ½ Turn. Step Forward Right. ¼ Turn. Cross.**

- 1&2** Step forward Left. Pivot ½ turn Right. Step forward Left. (Facing 3 o'clock)
- 3&4** Step forward Right. Lock Left behind Right. Step forward Left. (1st restart)
- 5&6** Rock forward Left. Replace weight on Right. ½ turn Left. Step forward Left. (2nd & 4th restart)
- 7&8** Step forward Right. Turn ¼ Left. Replace weight on Left. Cross Right over Left. (Facing 6 o'clock)

**Rock.Replace.Cross Shuffle. ¼ Turn Right. Forward. Back. ½ Turn Hitch Forward. Back Hook.**

- 1&2** Rock Left to Left side. Replace weight on Right. Cross Left over Right.
- &3&4** Step Right to Right. Cross Left over Right. ¼ turn Right. Step forward Right. then Left. (9 o'clock)
- 5 ? 6 Rock back Right. Step forward Left hitching Right knee ½ turn Left on ball of Left foot. (3 o'clock)**
- 7 ? 8 Step forward Right. Rock back Left hooking Right foot under Left knee. (3rd restart)**

**Right Step Lock. Sway. Sway. Side Together Side. Sway. Sway.**

**1&2** Step forward Right. Lock Left behind Right. Step forward Right.

**3 ? 4 Sway hips Left. Sway hips Right.**

**5&6** Step Left to Left. Step Right together. Step Left to Left side.

**7 ? 8 Sway hips Right. Sway hips Left. (Facing 3 o'clock) Start Again**

**There are four restarts: 1st Restart: Wall 4 Dance to Count 12. (&)Step together on Left. Restart facing 12 o'clock 2nd Restart: Wall 5 Dance to Count 14. (7 ? 8) Step forward Right. Turn  $\frac{1}{4}$  Left Restart facing 6 o'clock 3rd Restart: Wall 7 Dance to Count 24. Restart facing 12 o'clock 4th Restart: Wall 8 Dance to Count 14. (7 ? 8) Step forward Right. Turn  $\frac{1}{4}$  Left Restart facing 6 o'clock**

**NB: There is no & count on the 2nd and 4th restart. Email: noelbycroft@optusnet.com**