

# BAD DAY

LINEDANCE.COM

**Count:** 40

**Wall:** 2

**Level:** Intermediate level

**Choreographer:** Jean & Mervyn Coates

**Music:** Bad Day by 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**