### Description:
32 Counts, 2 Walls, High Intermediate line dance

### Music:
“Had A Bad Day” – Calle Kristiansson (available on itunes, amazon and all major mp3 websites)

### 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.

### Section | Footwork | End Facing
---|---|---
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 | Facing 12.00
 1 & 2 | 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
 3 | & 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 & 9 | Make ¼ turn right rocking left to left side (to complete full turn of sailor) (&), recover weight onto right (8), cross left over right (8) | 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 | Facing 12.00
 1 & 2 | Step right to right side (1), step left next to & slightly behind right (2), cross right over left (8) | 12.00
 3 | 4 & 5 | Step left to left side (3), step right next to & slightly behind left(4), cross left over right(8) 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 (8), step forward on left rocking all weight forward (7) | 3.00
 8 | 1 | Step back on right (8), step back on left (8), 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 | Facing 12.00
 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 | 8 | Recover weight onto right (&), make ¼ turn right stepping back on left (8), make ¼ turn right stepping right to right side (&) | 6.00

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 | Facing 12.00
 1 | 2 | Step forward on left slightly across in front of right (1), step forward on right (2) | 9.00
 3 & 4 | Make ½ turn right stepping back on left (3), make ½ turn right stepping forward on right (&) | 9.00
 5 | 4 | Rock forward on left (4) 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 | 9.00
 6 | 7 & 8 | Recover weight onto right (&), take big step back on left dragging right towards left (5) (weight left) | 9.00
 9 & 7 & 8 | Rock back on right (6), recover weight onto left (&), step forward on right (7), pivot ¼ turn left (&) | 6.00
 8 | 8 | Cross right over left (8), step left to left side (&) | 6.00