

ON A BAD DAY

Song: On A Bad Day Artist: Kasey Chambers

Description: 2 wall, 36 count, Beginner Level, 1 Restart, Tag at end
Choreography: Helen Reeson, Jan 2012 hreeson@internode.on.net

Counts

Description

1- 8

**HEEL-TOE, HEEL-TOE, SIDE, TOG, BACK, TCH
SIDE, TOG, FWD, TCH, HEEL-TOE, HEEL-TOE**

1&2&

Fwd R Heel/Toe, Fwd L Heel/Toe

3&4&

R side, L beside R, R back, Touch L beside R

5&6&

L side, R beside L, L forward, Touch R beside L

7&8&

Fwd R Heel/toe, Fwd L Heel / Toe

9-16

**FWD-HOOK-BACK, (R45) BACK-LOCK-BACK
(L45) BACK-LOCK-BACK, ROCK BACK-FWD-TCH ***

1&2

R Fwd, hook L behind R, L back

3&4

Step R back on R diagonal, Cross L over R, Step R back on R diagonal

5&6

Step L back on L diagonal, Cross R over L, Step L back on L diagonal

7&8

Rock back on R, Fwd on L, Touch R beside L

17-24

**SIDE SHUFFLE (¼R), FWD SHUFFLE (¼R)
ROCK BACK-FWD-SIDE, ROCK BACK-FWD-SIDE**

1&2

R side, L together, Turn ¼R Step R Fwd

3&4

L forward, R together, Turn ¼R Step L to L Side ... 6.00

5&6

Rock R back slightly behind L, Replace weight fwd on L, Step R to R side

7&8

Rock L back slightly behind R, Replace weight fwd on R, Step L to L side

25-32

**R HEEL-HITCH, HEEL-HITCH, ROCK FWD-BACK-FWD
L HEEL-HITCH, HEEL-HITCH, FWD SHUFFLE, SCUFF**

1&2&

R Heel fwd, Hitch R knee up, R Heel fwd, Hitch R knee up

3&4

Rock R forward, L Back, R forward

5&6

L Heel fwd, Hitch L knee up, L Heel fwd, Hitch L knee up

7&8

L forward, R together, L forward, Scuff R fwd

RESTART: Wall 6 (6.00) after 16 counts * Restart dance (this will be the last wall)

TAG at END: Dance first 8 counts, then add these steps to finish at 12.00

1,2,3&4

Rock Fwd R, Back L, ½R Shuffle

5&6&7

Fwd L Heel/toe, Fwd R Heel/toe, Step L beside R