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| Bad Day |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Michael Diven (USA) |
| **Music:** | Bad Day - Daniel Powter |
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**RIGHT, ROCK, RECOVER, LEFT, ¼ TURN ROCK, RECOVER, CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE**

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| 1-2& | Side step right to right side, rock back on left behind right, recover weight back to right foot |

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| 3-4& | Step left to left side, turn ¼ turn right while rocking back on right foot behind left, step left foot to left side |

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| 5-6 | Cross rock right over left, recover weight back to left foot |

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| 7-8& | Side shuffle to the right, stepping right, step left next to right, step right to right side |

**CROSS ROCK, RECOVER, LEFT SIDE SHUFFLE, CROSS STEP, ¾ UNWIND, FULL TURN SHUFFLE**

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| 1-2 | Cross rock left over right, recover weight back to right foot |

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| 3-4& | Side shuffle to the left, stepping left, step right next to left, step left to left side |

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| 5-6 | Cross step right over left, pivot ¾ turn to the left (weight ends on left foot) |

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| 7&8 | Right shuffle forward, turning 1 full turn while stepping right, left, right |

**ROCK, RECOVER, LEFT SAILOR, RIGHT LUNGE, SYNCOPATED GRAPEVINE LEFT WITH ¼ TURN LEFT**

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| 1-2 | Rock forward on left foot, recover weight back to right |

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| 3&4 | Left sailor step |

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| 5-6 | Lunge right with a rock on the right foot, recover weight back on the left foot |

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| 7&8 | Step behind left foot with right foot, step left foot to left side, cross right foot in front of left foot turning ¼ turn to the left (weight forward on right foot) |

**SWEEP WITH ½ TURN, STEP, RIGHT SIDE SHUFFLE, ROCK, RECOVER, 1 ¼ TURNING SHUFFLE**

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| 1-2 | Sweep left foot out front and around behind right foot while pivoting ½ turn to the left (weight on left foot behind right) |

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| 3&4 | Right side shuffle stepping right, left next to right, right to right side |

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| 5-6 | Rock back on left foot, recover weight to right foot |

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| 7&8 | Turn 1 ½ turn to the left while stepping left, right, left (weight ends on the left foot) |

**REPEAT**