

# I'm Bored

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**Count:** 32      **Wall:** 4      **Level:** Beginner Country

**Choreographer:** Ole Jacobson (DE) & Nina K. (DE) - January 2021

**Music:** - Amber Lawrence

## Intro - 20 Counts

### (1-8) Forward, Figure 4, Back, Touch, Full Turn R, Sweep, Behind, Side, Jazz Box, Full Turn L

- 1 2 &** Step R forward and Hitch L 4 Figure (1), Step L back (2), Touch R toe behind L (&)
- 3 4 &** Full turn right and sweeping R front to back, Weight on L (3) 12.00, Step R behind (4), Step L side (&)
- 5&6&** Cross R over L (5), Step back on L (&), Step R side (6), Cross L over (&),
- 7&8&** Turn 1/4 left step R back (7) 9.00. Turn 1/2 left step L forward, (&) 3.00 Step R forward (8), Turn 1/4 Cross L over (&) 12.00.

### (9-16) Basic NC, Side, Behind, Turn 5/8, Side, Behind, Side, Turn 1/4 R, Forward, Forward Mambo

- 1 2 &** Step R side (1), Close L behind (2), Cross R over L (&),
- 3 4 &** Step L side (3), Step R behind L (4), Turn 1/4 left Step L forward (&) 9.00.
- 5 6 &** Turn 3/8 left Step R side (5) 4,30. Step L behind. (6), Turn 1/8 R Step R to R side (&) 6.00,
- 7 8 &** Turn 1/8 R Step L forward (7) 7.30, Rock R forward (8), Recover on L (&)

### (17-24) Back, Coaster Step, Sweep, Cross, Back, Back, Cross, Back, Back, Cross, Side Rock, Turn 3/8 R, Recover

- 1 2 &** Step R back (1) Step L back (2), Step R next to L (3)
- 3 4 &** Step L forward and sweeping R back to front (3) Cross R over (4) 4.30, Step L back (&) 6.00.
- 5&6&** Step R back diagonal (5) 7.30, Cross L over (&), Step R back (6) 6.00, Step L back diagonal (&) 4.30
- 7 8 &** Cross R over (7), Rock L side (8), Turn 3/8 R, Recover on R (&) 9.00

### (25-32) Walk L R, Rock, Recover, Turn 1/4 L, Side, Forward, Spiral Full Turn R, Walk R, L

- 1 2** Step L forward (1), Step R forward (2)
- 3 4 &** Rock L forward (3), Recover on R (4), 1/4 Turn L Step L side (&) 6.00.

**5 6** Step R forward (5), step L forward slightly and Spiral Full Turn R weight on L (6)

**Restart here\***

**7 8**step R forward (7), Step L forward (8)

**Optional:**

**7-8**step R forward and hitch L 4 Figure, Step L forward and Full Turn right

**Tag : After Wall 4**

**1 2**( Sway R, L ) 12.00

**\*Restart : on Wall 3 ( 6.00 ) & 8 (12.00)**

**Dance 30 count ( after spiral full turn ) then restart from beginning Enjoy the Dance**

**Contact: dksiagian20@gmail.com**