

I Feel Bad

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Micaela Svensson Erlandsson, April 2010

Music: I Feel Bad by Dean Miller

Intro: 16 Counts

Section 1: Point, Cross, Point, Cross. Heel. Heel.

- 1 - 2 Point right to right, Cross right over left
- 3 - 4 Point left to left, Cross left over right.
- 5 - 6 Touch right heel forward. Step right foot beside left.
- 7 - 8 Touch left heel forward. Step left foot beside right

Section 2: Rock Step. Back. Back. Toe. Unwind $\frac{1}{4}$ right & Clap. Unwind $\frac{1}{4}$ right & Clap.

- 1-2 Rock forward on right. Recover onto left.
- 3-4 Walk back on right, Walk back on left.
- 5-6 Point right toe Behind left foot. Unwind $\frac{1}{4}$ turn right & Clap.
- 7-8 Point right toe Behind left foot. Unwind $\frac{1}{4}$ turn right & Clap.

Section 3: Toe strut. Rock Step .Toe Strut. Back Rock.

- 1-2 Step forward on right toe. Drop heel taking weight.
- 3-4 Rock forward on left. Recover onto right.
- 5-6 Step back on left toe. Drop heel taking weight.
- 7-8 Rock back on right. Recover onto left.

Section 4: Right Lock Step. Scuff. Left Lock Step. Stomp

- 1-4 Step forward right. Lock left behind right. Step forward right. Scuff left foot forward
- 5-8 Step forward left. Lock right behind left. Step forward left, Stomp right beside left.

Start over!