

# I Feel Bad

**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!**