

# I Feel Bad

**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson (SWE) - April 2010

**Music:** I Feel Bad - Dean Miller



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## 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 ¼ right & Clap. Unwind ¼ 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 ¼ turn right & Clap.
- 7-8            Point right toe Behind left foot. Unwind ¼ 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!**

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