

I'm Bored

拍数: 32 墙数: 4 级数: Beginner Country
编舞者: Ole Jacobson (DE) & Nina K. (DE) - January 2021
音乐: I'm Bored (LD-Version) - Amber Lawrence



Note: The dance begins with the singing

[1-8] Walk, walk, shuffle fwd, step ¼ turn right, shuffle a cross

1,2 RF step forward - LF step forward
3&4 RF step forward - place LF next to RF - RF step forward
5.6 LF Step forward - 1/4 turn right
7&8 Cross LF over RF - RF small step to the right - cross LF over RF

[9-16] Sway, sway, behind side cross, sway, sway sailor turn 1/4 left

1 Step RF to the right and swing your hips to the right
2 Shift your weight on your LF and swing your hips to the left
3&4 Place RF behind LF - step LF to the left - cross RF over LF
5 Step LF to the left and swing your hips to the left
6 Shift weight on RF and swing hips to the right
7&8 1/4 L-turn, LF step back - place RF next to LF - LF small step forward

[17-24] Heel fwd, toe back, shuffle fwd, pivot turn 1/2 right, shuffle fwd

1,2 Touch RF heel forward - touch RF back
3&4 RF step forward - place LF next to RF - RF step forward
5.6 LF step forward - 1/2 turn right
7&8 LF step forward - put RF next to LF - LF step forward

[25-32] Rocking chair, jazzbox with 1/4 turn right

1,2 RF step forward - shift weight to LF
3.4 RF step back - shift weight to LF
5.6 Cross RF over LF - 1/4 turn right, LF step back
7.8 RF small step to the right - LF small step forward

... and from the beginning
