

# I Am Not Ok

**COPPER** KNOB  
STEPMATS

拍数: 16      墙数: 4      级数: Beginner  
编舞者: Wendy Dee (CAN) - July 2025  
音乐: I Am Not Okay - Jelly Roll



---

## [1-4] Step Forward On R, Sweep Left Forward, Step Forward onto L, Sweep Right Forward

1-4      Step forward onto Right foot, Sweep Left foot around (clockwise) and forward, step onto Left foot, Sweep Right foot (counterclockwise)

## [5-8] (Moving backwards) Cross Right over Left, Step Back onto L, Step Back onto R, Cross Left Over Right, Step Back onto Right, Touch Left beside Right, Touch L Toe out to L, Touch Left foot beside Right

5&6&7&8&      (Moving Backwards) Cross Right Over Left, Step Back onto Left, Step Back onto Right, Cross Left over, Step Back onto Right foot, Touch Left together with Right foot, Touch Left foot out to Left Side, Touch Left foot beside Right foot

## [9-12] Step Side Left, Touch Right, Shuffle ¼ Turn Right

9,10,11&12      Step to Left onto Left foot, touch right beside left, (use following final steps to make a full turn right) Shuffle ¼ turn R stepping R, L, R

## [13-16] (Making a full turn to Right and ending up on new wall to right) Step onto Left, Right, Left, Right, Left, Right, Step onto Left

&13&14&15&16& Step onto left, then right, then left, then right, then left, then right, then left - Repeat

**Note:** May everyone “be alright” and be able to dance through it.. Hugz

Last Update: 8 Jul 2025

---