

I Am Not Ok

Count: 32

Wall: 4

Level: Improver

Choreographer: Mathew Sinyard (UK) - July 2024

Music: I Am Not Okay - Jelly Roll



Intro: 8 counts

*1 Restart - 2 Tags (see below)

Section 1 Walk Back R L, R Coaster Step, Step L Forward, ½ Back, L Coaster Cross.

- 1 2 Step back on R, step back on L.
- 3 & 4 Step back R, step L beside R, step forward on R.
- 5 6 Step forward on L, ½ turn L stepping back on R.
- 7 & 8 Step back on L, step R beside L, cross L in front of R.

Section 2 Side Touch Side, Behind Side Cross, Sway L R, Sailor ¼ Turn L.

- 1 & 2 Step R to side, touch L beside R, step L to side.
- 3 & 4 Cross R behind L, step L to side, cross R in front of L.
- 5 6 Step L to side swaying L, sway R on to R.
- 7 & 8 Cross L behind R, ¼ turn L stepping R to side, step L to side.

Restart here wall 3

Section 3 Side Together Forward, Side Together ¼ (x2).

- 1 & 2 Step R to side, step L beside R, step forward R.
- 3 & 4 Step L to side, close R beside left, ¼ turn R stepping back on L.
- 5 & 6 Step R to side, step L beside R, step forward R.
- 7 & 8 Step L to side, close R beside left, ¼ turn R stepping back on L.

Section 4 Back Rock R, Recover, Triple Full Turn (Alt R Shuffle), Rock Forward L, Recover, L Shuffle Back.

- 1 2 Rock back R, recover L.
- 3 & 4 Triple full turn traveling forward stepping R L R (alt right shuffle forward).
- 5 6 Rock forward on L, recover R.
- 7 & 8 Step back on L, close R towards L, step back on L.

Restart – On wall 3 restart after 16 counts

Tag 1 – at the end of wall 5 - Repeat the last 8 counts (section 4)

Tag 2 – at the end of wall 6: - Sway Back, Forward, Back, Forward.

- 1 2 Step back on R swaying back, sway forward on to L.
- 3 4 Sway back on to R, Sway forward on to L.

Contact: - Mat@inlinewedance.co.uk Website: - inlinewedance.co.uk