

I Feel Bad

拍数: 32 墙数: 2 级数: Beginner
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音乐: I Feel Bad - 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 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!
