

# 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**

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