

# You Feel Bad

拍数: 40      墙数: 4      级数: Phrased Improver  
编舞者: Agnethe Hansen (DK) - February 2012  
音乐: Somebody - Eagles



Start dancing on lyrics - Sequence A – B – B – A – B – B – B – B – A – A – B – B – B – B – A

## Sequence A – 32 counts

### Step right, rock back, ¼ turn x 2, Step right, rock back, ¼ turn x 2

- 1 – 2 &      Step to right side, rock back on left, and recover on right  
3 & 4      ¼ turn stepping left back, ¼ turn stepping right back, step left next to right (6.00)  
5 – 6 &      Step to right side, rock back on left, and recover on right  
7 & 8      ¼ turn stepping left back, ¼ turn stepping right back, step left next to right (12.00)

### Step, run x 2, ½ pivots, step, full turn left, step

- 1 – 2 &      Step right forward, run left, run right  
3 – 4      Step left forward, ½ turn right on ball recover on right (6.00)  
5 & 6      Step left forward, ½ turn left stepping right back, ½ turn stepping left forward (6.00)  
7 – 8      Step right forward, step left forward

### Side, cross rock, vine, ¼ turn left, Side, cross rock, vine

- 1 – 2 &      Step to right side, cross left over right, recover on right  
3 & 4      Step to left side, cross right behind left, ¼ turn stepping left forward (9.00)  
5 – 6 &      Step to right side, cross left over right, recover on right  
7 & 8      Step to left side, cross right behind left, step to left side

### Step ½ pivots, step, full turn left, step ½ pivots, step, run x 2

- 1 – 2 &      Step forward right, ½ turn left on ball recover on left (3.00)  
3 & 4      ½ turn stepping right back, ½ turn stepping left forward, ending on right. (3.00)  
5 – 6 &      Step left forward, ½ turn right on ball recover on right (9.00)  
7 & 8      Step forward on left, run right, run left

## Sequence B – 8 counts

### Vine right, ¼ turn, ½ turn pivots, ¼ turn, weave left, ¼ turn

- 1 – 2 &      Step to right, cross left behind right, ¼ turn right  
3 – 4      Step left forward, ½ turn right on ball recover on right  
5 – 6 &      ¼ turn left stepping to left, Cross right behind left, step to left side  
7 – 8      Cross left in front right, ¼ turn left stepping forward