

# I Feel Bad

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Micaela Svensson Erlandsson (SWE) - April 2010  
音樂: 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!

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