**18.06.2011**

**I Feel Bad**
Choreographed by Roland (Gutz) Gutzwiller, Switzerland
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[**http://www.gutz.ch**](http://www.gutz.ch)

**Description: 32 steps, 4-wall, Linedance, Beginner/Intermediate level**

**Music: I Feel Bad, Andy Martin - Switzerland, CD “Eleven”**

 **112 BPM, start after 16 counts**

**I - ROCK R RIGHT, RECOVER, CROSS SHUFFLE R, L, R**

 **L LEFT, 1/2 RIGHT HOOK R, FWD SHUFFLE R, L, R**

1 2 3&4 Rock R right, recover on L, cross R over L, L left, cross R over L

5 6 7&8 L left, turn 1/2 right on L and hook R in front of L, R fwd, L next, R fwd (06.00)

**II - ROCK L FWD, RECOVER, L COASTER STEP**

 **R FWD, 1/4 LEFT, R KICK BALL CHANGE**

1 2 3&4 Rock L left fwd, recover on R, L backwards, R next to L, L fwd

5 6 7&8 R fwd, 1/4 left, kick R fwd, step on R, step L next to R (03.00)

**III - R FWD DIAG RIGHT, TOUCH L, L KICK BALL CROSS**

 **L FWD DIAG LEFT, TOUCH R, R KICK BALL CROSS**

1 2 3&4 R fwd diag right, touch L next to R, kick L fwd, step down on L, cross R over L

5 6 7&8 L fwd diag left, touch R next to L, kick R fwd, step down on R, cross L over R

**IV – R FWD, 1/2 LEFT, FWD SHUFFLE R, L, R**

 **TURN 1/2 RIGHT L BEHIND, TURN 1/2 RIGHT L FWD, SHUFFLE FWD L, R, L**

1 2 3&4 R fwd, turn 1/2 left, R fwd, L next to R, R fwd

5 6 7&8 Turn 1/2 right and L behind, turn 1/2 right and R fwd, L fwd, R next to L, L fwd (09.00)

BEGIN AGAIN…………... AND SMILE !