

# *I'm Bored*

**Choreographer:** Ole Jacobson & Nina K.

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Intro:** Start on vocals

**Music:** "I'm Bored" by Amber Lawrence



[www.country-stafke.be](http://www.country-stafke.be)

**[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

**Repeat**

