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## My Head Hurts

32 count, 4 wall, beginner/intermediate level

Choreographer: Yvonne van Baalen (NL) March  
2006

Choreographed to: My Head Hurts My Feet Stinks  
And I Don't Love Jesus by Jimmy Buffet

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Starts on the vocals after 32 tellen

### **STEP LOCK STEP, SCUFF, STEP ½ TURN STEP, HOLD AND CLAP**

- 1 RF step forward
- 2 LF cross behind RF
- 3 RF step forward
- 4 LF scuff forward
- 5 LF step forward
- 6 Turn ½ right
- 7 LF step forward
- 8 Hold and Clap hands

### **¼ TURN LEFT TOE STRUT BACK ON RIGHT AND LEFT, COASTER STEP, HOLD**

- 1 Turn ¼ left, RF step back on toe
- 2 RF put heel down
- 3 LF step back on toe
- 4 LF put heel down
- 5 RF step back
- 6 LF step beside RF
- 7 RF step forward
- 8 Hold

### **SIDE ROCK, CROSS, HOLD, ¼ TURN LEFT X 2, CROSS, HOLD**

- 1 LF step to left side
- 2 Recover on RF
- 3 LF cross in front of RF
- 4 Hold
- 5 Turn ¼ left, RF step back
- 6 Turn ¼ left, LF step to left side
- 7 RF cross in front of LF
- 8 Hold

### **SIDE STEP, TOUCH, HEEL, TOUCH, SIDE STEP, TOUCH, HEEL, TOGETHER**

- 1 LF step to left side
- 2 RF touch toe beside LF
- 3 RF touch heel forward
- 4 RF touch toe beside LF
- 5 RF step toe right side
- 6 LF touch toe beside RF
- 7 LF touch heel forward
- 8 LF step beside RF (weight on LF)