



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com.

I Am Not Ok

32 Count 4 Wall Improver Level Dance. Choreographed by: Mathew Sinyard (UK) Aug 2024 Choreographed to: I Am Not Ok by Jelly Roll Intro: 8 Counts. Start at approx 6 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 BACK, BACK, COASTER STEP, STEP, ½ BACK, COASTER CROSS

- 1-2 Step back on R, step back on L
- 3&4 Step back R, step L beside R, step forward on R
- 5-6 Step forward on L, ¹/₂ turn L stepping back on R
- 7&8 Step back on L, step R beside L, cross L in front of R

SEC 2 SIDE TOUCH SIDE, BEHIND SIDE CROSS, SWAY, SWAY, SAILOR 1/4 TURN

- 1&2 Step R to side, touch L beside R, step L to side
- 3&4 Cross R behind L, step L to side, cross R in front of L
- 5-6 Step L to side swaying L, sway R on to R
- 7&8 Cross L behind R, ¼ turn L stepping R to side, step L to side
- Restart Here on Wall 3

SEC 3 ¹/₄ RUMBA BOX, ¹/₄ RUMBA BOX,

- 1-2 Step R to side, step L beside R, step forward R
- 3&4 Step L to side, close R beside left, 1/4 turn R stepping back on L
- 5&6 Step R to side, step L beside R, step forward R
- 7&8 Step L to side, close R beside left, 1/4 turn R stepping back on L

SEC 4 BACK ROCK, TRIPLE FULL TURN, ROCK FORWARD, SHUFFLE BACK

- 1-2 Rock back R, recover L
- 3&4 ¹/₂ turn L stepping back on R, ¹/₂ turn R stepping forward L, step forward R
- 5-6 Rock forward on L, recover R
- 7&8 Step back on L, close R towards L, step back on L

Tag At the end of Wall 5

BACK ROCK, TRIPLE FULL TURN, ROCK FORWARD, SHUFFLE BACK

- 1-2 Rock back R, recover L
- 3&4 ¹/₂ turn L stepping back on R, ¹/₂ turn R stepping forward L, step forward R
- 5-6 Rock forward on L, recover R
- 7&8 Step back on L, close R towards L, step back on L

Tag2 At the end of Wall 6

SWAY BACK, FORWARD, BACK, FORWARD

- 1-2 Step back on R swaying back, sway forward on to L
- 3-4 Sway back on to R, Sway forward on to L



Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA. Email: scripts@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com