



I Am Not Okay

32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Lesley Stewart (UK) & Kirsteen Currie (UK) Aug 2025

Choreographed to: I Am Not Okay by Jelly Roll

Intro: 8 Counts. Start at approx 6 secs.

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

SEC 1 ½ BACK SWEEP, SYNCOPATED WEAVE, CROSS ROCK, SIDE, CROSS, ½ HINGE

- 1 ½ turn left stepping back on right, sweeping left out (6:00)
- 2&3& Step left behind right, step right to side, cross step left over right, step right to right side
- 4& Step left behind right, step right to right side
- 5-6& Cross rock left over right, recover on right, step left to left side
- 7-8& Cross right over left, ¼ turn right stepping back on left, ¼ turn right stepping right to side (12:00)

SEC 2 SYNCOPATED ROCKS FORWARD, STEP ½ TURN, FULL TRIPLE TURN FORWARD

- 1-2& Rock forward on left, recover on right, step left next to right
- 3-4& Rock forward on right, recover on left, step right next to left
- 5-6 Step forward on left, ½ turn right (taking weight on right) (6:00)
- 7&8 ½ turn right stepping back on left, ½ turn right stepping forward on right, step forward on left (6:00)

Restart Here on Wall 3

SEC 3 STEP, STEP ¼ TURN, CROSS SHUFFLE, NIGHTCLUB BASIC, SIDE, BEHIND ¼ TURN

- 1 Step forward on right
- 2& Step forward on left, ¼ turn right (taking weight on right) (9:00)
- 3&4 Cross step left over right, step right to right side, cross step left over right
- 5-6& Large step right, rock back on left, recover on right
- 7-8& Step left to side, step right behind left, ¼ turn left stepping forward on left (6:00)

SEC 4 WALK, WALK, ⅜ DIAMOND TURN, ⅜ ROCKING CHAIR

- 1-2 Walk right, walk left
- 3&4 Cross right over left, ⅜ turn right stepping back on left (7:30)), step back on right
- 5&6 Step left behind right, ⅜ turn stepping right to right side(&) (9:00)), ⅜ stepping forward left (10:30)
- 7&8& Rock forward on right, recover on left, rock back on right, recover on left making ⅜ turn left (9:00)

