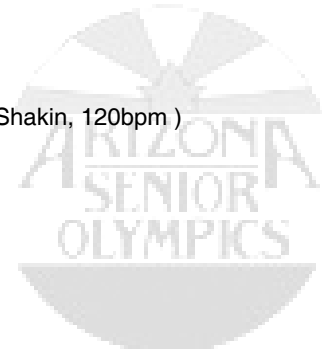


I'M NO GOOD

Choreographed by: Rachael McEnaney, UK (Feb 11)

Music: **I'm No Good (For Ya Baby)** by **Laura Bell Bundy** (CD: Achin' & Shakin, 120bpm)

Descriptions: Arizona Senior Olympic Solo Level 3
64 count - 2 wall



Count In: 32 counts from start of track – dance begins on vocals

Notes: 3 Tags – end of 1st, 2nd and 3rd wall – 4x ¼ pivot turns

1–8 Walk RL, R Fwd Rock, R Coaster Step, Step L, ½ Pivot Turn R – Weight Ends R

1-4 Walk forward on right (1), walk forward on left (2), rock forward on right (3), recover weight onto left (4) **12.00**

5&6,78 Step back on right (5), step left next to right (&), step forward on right (6), step forward on left (7), pivot ½ turn right (8) **6.00**

9–16 Walk LR, L Fwd Rock, L Coaster Step, Step R, ¼ Pivot L – Weight Ends L

1-4 Walk forward on left (1), walk forward on right (2), rock forward on left (3), recover weight onto right (4) **6.00**

5&6,78 Step back on left (5), step right next to left (&), step forward on left (6), step forward on right (7), pivot ¼ turn left (8) **3.00**

17–24 Weave Crossing R Over - L Side - R Behind – ¼ Turn L Fwd L, Rock Fwd R, ½ Turn R, ¼ Turn R – Weight L

1-4 Cross right over left (1), step left to left side (2), cross right behind left (3), make ¼ turn left stepping forward on L (4) **12.00**

5-8 Rock forward on right (5), recover weight onto left (6), make ½ turn right stepping forward on right (7), make ¼ turn right stepping left to left side (8) **9.00**

25–32 Cross R Behind, Side L, R Crossing Shuffle, L Side Rock, L Crossing Shuffle – Weight Ends L

12,3&4 Cross right behind left (1), step left to left side (2), cross right over left (3), step left next to right (&), cross right over left (4) **9.00**

5-8 Rock left to left side (5), recover weight onto right (6), cross left over right (7), step right next to left (&), cross left over right (8) **9.00**

33–40 R Kick Ball Cross, Side R, Touch L, L Kick Ball Cross, Side L, Touch R – Weight Ends L

1&2 Kick right to right diagonal (1), step in place with right (&), cross left over right (2) **9.00**

3-4 Take big step to right side (3), touch left next to right (4) **9.00**

5&6 Kick left to left diagonal (5), step in place with left (&), cross right over left (6) **9.00**

7-8 Take big step to left side (7), touch right next to left (8) **9.00**

41–48 2 R Heel Touches, 2 L Heel Touches, R Heel, L Heel, Rock Fwd R, - Weight Ends L

1,2&3,4 Touch right heel forward (1), touch right heel forward (2), step right next to left (&), touch left heel forward (3), touch left heel forward (4) **9.00**

&5&6 Step left next to right (&), touch right heel forward (5), step right next to left (&), touch left heel forward (6) **9.00**

&78 Step left next to right (&), rock forward on right (7), recover weight onto left (8) **9.00**

49–56 R Back Shuffle, L Back Rock, ½ Turn R Doing L Shuffle, ¼ Turn R Doing R Chasse – Weight Ends R

1&2,34 Step back on right (1), step left next to right (&), step back on right (2), rock back on left (3), recover weight right (4) **9.00**

5&6 Make ¼ turn right stepping left to left side (5), step right next to left (7), make ¼ turn right stepping back on left (8) (1/2 shuffle) **3.00**

7&8 Make ¼ turn right stepping right to right side (7), step left next to right (&), step right to right side (1/4 chasse) **6.00**

57–64 L Jazz Box Cross, L Chasse, R Back Rock

1-4 Cross left over right (1), step back on right (2), step left to left side (3), cross right over left (4) **6.00**

5&6,78 Step left to left side (5), step right next to left (&), step left to left side (6), rock back on right (7), recover weight onto left (8) **6.00**

TAG: At the END of the 1st wall (facing 6.00), 2nd wall (facing 12.00), and 3rd wall (facing 6.00), Add following tag:

1-4 Step forward on right (1), pivot ¼ turn left (2), step forward on right (3), pivot ¼ turn left (4)

5-8 Step forward on right (5), pivot ¼ turn left (6), step forward on right (7), pivot ¼ turn left (8)

Start Again, Have Fun!