

No Good Advice

Count: 40

Wall: 2

Level: Beginner

Choreographer: Nicola Chapman (UK)

Music: No Good Advice - Girls Aloud



WALK, WALK, STEP PIVOT ½ TURN, WALK, WALK, STEP PIVOT ½ TURN

- 1-2 Walk forward right, walk forward left and clap
- 3-4 Step forward right, pivot ½ turn left
- 5-6 Walk forward right, walk forward left and clap
- 7-8 Step forward right, pivot ½ turn left

CROSS ROCK CHASSE, CROSS ROCK CHASSE

- 1-2 Cross right over left, recover on left
- 3-4 Step right to right side, step left next to right, step right to right side
- 5-6 Cross left over right, recover on right
- 7-8 Step left to left side, step right next to left, step left to left side

RIGHT LOCK STEP, LEFT LOCK STEP, WALK, WALK, WALK, KICK

- 1-2 Step right diagonally right, lock left foot behind right, step right diagonally right
- 3-4 Step left diagonally left, lock right foot behind left, step left diagonally left
- 5-6 Walk forward right, walk forward left
- 7-8 Walk forward right, kick left foot forward

WALK, WALK, WALK, KICK, WALK, WALK, WALK, KICK

- 1-2 Walk back left, walk back right
- 3-4 Walk back left, kick right foot forward
- 5-6 Walk forward right, walk forward left
- 7-8 Walk forward right, kick left forward

WALK, WALK, WALK, STEP, STEP, POINT, PADDLE STEPS

- 1-2 Walk back left, walk back right
- 3-4 Walk back left, step right next to left
- 5-6 Step forward left, point right foot to right
- 7-8 Weight on left foot paddle right foot at 12 o' clock, paddle right foot to 9:00

REPEAT
