

# No Good Advice

拍数: 40      墙数: 2      级数: Beginner  
编舞者: Nicola Chapman (UK)  
音乐: 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**

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