# It's Just No Good

拍数: 64

级数: Intermediate/Advanced mixed rhythm



编舞者: Zac Detweiller (USA)

音乐: The Music's No Good Without You - Cher

墙数: 2

#### Dance starts when heavy beat kicks in, exactly 32 counts before lyrics start WALK, WALK, MAMBO STEP, COASTER STEP, FORWARD SHUFFLE 1-2 Step forward on right, step forward on left 3&4 Rock right forward, recover in place on left, step right next to left 5&6 Step back on left, step right together with left, step forward on left 7&8 Step forward on right, step left next to right, step forward on right (facing 12:00) 9-16 Repeat counts 1-8 of opposite foot (facing 12:00) SIDE ROCK, RECOVER, CROSSING SHUFFLE, ¼ RIGHT, STEP, COASTER KICK Rock right to right side, recover on left stepping back slightly 1-2 3&4 Cross step right over and in front of left, step left to left side, cross step right over and in front of left 5-6 Step left to left side turning a 1/4 turn right, step right next to left (facing 3:00) 7&8 Step back on left, step right next to left, kick left forward STEP, STEP, TOUCH, CROSS, TOUCH, PIVOT ¼ RIGHT, HOLD, COASTER KICK &1-2 Step slightly forward on left, step forward on right, point left toe to left side 3-4 Cross step left over right, point right toe to right side 5-6 Pivot <sup>1</sup>/<sub>4</sub> to right keeping weight on left, hold (facing 6:00) 7&8 Step back on right, step left next to right, kick right forward STEP, WALK TWICE, FORWARD SHUFFLE, ROCK RECOVER, ½ TURN, SHUFFLE 1 ¼ TURN RIGHT &1-2 Step slightly forward on right, step forward on left, step forward on right 3&4 Step forward on left, step right next to left, step forward on left (facing 6:00) 5-6 Rock forward on right, recover on left 7 Turn <sup>1</sup>/<sub>2</sub> turn to right and step forward on right (facing 12:00) 8&1 Step forward on left making 1/4 turn right, step back on right making 1/2 turn right, turn 1/2 turn right stepping left next to right (facing 3:00) Option: shuffle in place left-right-left turning ¼ turn right ROCK, RECOVER, ¼ TURN, ¼ TURN, COASTER KICK AND CROSS 2-3 Rock back on right, recover onto left starting a 1/4 turn right 4 Finishing the <sup>1</sup>/<sub>4</sub> turn right step forward on right (facing 6:00) 5 Turn <sup>1</sup>/<sub>4</sub> turn right and step left to left side (facing 9:00) 6&7 Step back on right, step left next to right, kick right forward and to the right &8 Step slightly back on right, cross step left over right SIDE DRAG AND CROSS STEP, 1/4 SAILOR, FORWARD SHUFFLE

1-2 Step right to right side, drag left towards right keeping weight on right

- & Step onto left foot
- 3-4 Cross step right over left, step left foot to left side
- 5&6 Step back on right, step together with left making ¼ turn right, step forward on right
- 7&8Step forward on left, step right next to left, step forward on left (facing 12:00)

# 1/4 TURNING HIP BUMPS, 1/8 TURNING HIP BUMPS, 1/8 TURNING HIP BUMPS, MORE BUMPS

1&2	Bump hips right-left-right making 1/4 turn left (weight on right) (facing 9:00)
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- 3&4 Bump hips left-right-left making 1/8 turn left (weight on left)
- 5&6 Bump hips right-left-right making 1/8 turn left (weight on right) (facing 6:00)
- 7&8 Bump hips left-right-left (weight on left)

## REPEAT

## ENDING

If counted off correctly, you'll do the 1  $\frac{3}{4}$  turn when Cher says the "world stop turning" .You'll be ending the sequence 33-40