

# You Know I'm No Good

**COPPER** KNOB  
CHOREOGRAPHY

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Marjorie Barnabas-Shaw (MY) - July 2008  
音乐: You Know I'm No Good - Amy Winehouse : (Album: Back To Black)



Intro Count : 24 counts. Start on vocals

## A. CROSS, ROCK BACK, RECOVER x2, FORWARD STEP, TOGETHER, SIDE ROCK RIGHT AND TOGETHER.

1&2                      Cross right over left. Rock left diagonally back to left side. Recover onto right.  
3&4                      Cross left over right. Rock right diagonally back to right side. Recover onto left.  
5-6                      Step forward right. Step left next to right.  
7&8                      Rock right to right side. Recover onto left. Step slightly back right.

## B. CROSS, ROCK BACK, RECOVERx2, FORWARD STEP, TOGETHER, SIDE ROCK LEFT AND TOGETHER.

1&2                      Cross left over right. Rock right diagonally back to right side. Recover onto left.  
3&4                      Cross right over left. Rock left diagonally back to left side. Recover onto right.  
5-6                      Step forward left. Step right next to left.  
7&8                      Rock left to left side. Recover onto right. Step slightly back left.

## C. BACK RIGHT, LOCK, BACK RIGHT, TOUCH, BACK LEFT, LOCK, BACK LEFT, TOUCH.

1-2                      Step back right. Lock left across right.  
3-4                      Step back right. Touch left beside right.  
5-6                      Step back left. Lock right across left.  
7-8                      Step back left. Touch right beside left.

## D. MONTEREY 1/2 TURN, POINT, TOUCH, SIDE ROCKS.

1-2                      Point right to right side. Turn 1/2 right stepping on right foot  
3-4                      Point left to left side. Touch left beside right.  
5&6                      Rock left to left side. Recover onto right. Step left beside right.  
7&8                      Rock right to right side. Recover onto left. Step right beside left.

## E. WALK BACK LEFT, WALK BACK RIGHT, SHUFFLE BACK, 1/4 TURN LEFT COASTER, KICK-BALL CHANGE.

1-2                      Walk back left. Walk back right.  
3&4                      Step back left. Close right beside left. Step back left.  
5&6                      Turn 1/4 left stepping back on right. Step left beside right. Step forward right.  
7&8                      Kick left forward. Step left next to right. Step right in place.

## F. FORWARD LEFT, TOUCH RIGHT, POINT, TOGETHER, POINT, BACK CROSS, BACK SHUFFLE.

1-2                      Step forward left. Touch right toe beside left.  
3&4                      Point right to right side. Step right next to left. Point left to left side.  
5-6                      Step back left. Cross right over left.  
7&8                      Step back left. Close right beside left. Step back left. Cross right over left.

~ \* ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ \* ~