

# No Good For Ya, Baby

COPPER KNOB  
BY SHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Gwen Walker (USA) - March 2011  
音乐: I'm No Good - Laura Bell Bundy



No tags or restarts, when the music does a pause, keep dancing, it will pick back up on beat.  
This dance can be used as a floor split with Rachael McEnaney's dance to the same song.

Dance begins on lyrics 32 counts in.

## Rock forward recover, triple back, rock back recover, kick ball change

- 1-2            Rock forward on right foot, recover back to left.
- 3&4           Triple back, right – left – right
- 5-6           Rock back onto left, recover to right.
- 7&8           Kick left forward, bring left foot back beside right on the ball of foot and change weight to right foot.

## Left side triple, rock right back recover, kick ball change, right forward rock.

- 1&2           Side triple to the left, left-right-left.
- 3-4           Rock back onto right, recover weight to left.
- 5&6           Kick right forward, bring right back beside left on the ball of foot and change weight to left foot.
- 7-8           Rock forward onto right, recover weight left.

## ½ turn right triple, side rock, ¼ sailor step, 2 walking steps

- 1&2           Triple ½ turn to right , right – left – right.
- 3-4           Side rock to left, recover to right.
- 5&6           Sweep left foot ¼ left bringing left behind right, step right to right side, step left to left side.
- 7-8           Walk forward stepping right – left.

## ½ turn Monterey, forward hip bumps right, then with left.

- 1-4           Touch right toe out to right side, bring right foot in while turning a ½ turn over right shoulder, once turned, touch left toe out to side , bring left back beside right placing weight on it.
- 5&6           Step small step forward onto right foot, bump hips right –left- right. Weight ends on right foot.
- 7&8           Step small step forward onto left foot, bump hips left- right- left. Weight ends on left foot.

Repeat..... Have fun!

Contact: [gkwdance@gmail.com](mailto:gkwdance@gmail.com)