

No Good For You

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Chris Jackson (UK) - May 2015
音樂: No Good For You - Meghan Trainor : (Album: Title - Amazon.)



#16-count intro. No Tags Or Restarts.

[1-8] STEP-LOCK-STEP, STEP-LOCK-STEP, QUARTER, HALF, FULL-TURN STEP

- 1,2&,3,4& Step forward right, lock the left behind right, forward right, step forward left, lock the right behind left, forward left
- 5,6,7&8 Make a quarter turn right stepping forward on right, make a half turn left stepping forward on left, make a half turn left stepping back on right, make another half turn left stepping forward on left, forward right (9.0)

[9-16] ROCK, RECOVER AND PIVOT A QUARTER, CROSS/UNWIND AND SWEEP, BEHIND-SIDE-CROSS

- 1,2&,3,4 Rock forward on left, recover on right, step left next to right, forward right, pivot a quarter turn left (6.0)
- 5,6,7&8 Cross right over left, unwind a three-quarter turn to your left and sweep left from back to front, left behind right, right to right side, cross left over right (9.0)

[17-24] LONG STEP AND DRAG, BALL-CROSS SIDE, HEEL AND POINT-TURN, POINT-HITCH-CROSS

- 1,2&,3,4 Take a long step to your right and drag left next to right over a count of 2, left next to right (&), cross right over left, left to left side
- 5&6&7&8 Touch right heel forward, right next to left, point left toe to left side, make a quarter turn to your left stepping left next to right, point right toe to right side, hitch right over left, cross right over left (modified Monterey quarter turn left) (6.0)

[25-32] LONG STEP AND DRAG, BALL-CROSS, SIDE, HEEL AND POINT-TURN, POINT-HITCH-CROSS

- 1,2&,3,4 Take a long step to your left and drag right next to left over a count of 2, right next to left (&), cross left over right, right to right side
- 5&6&7&8 Touch left heel forward, left next to right, point right toe to right side, make a half turn to your right stepping right next to left, point left toe to left side, hitch left over right, cross left over right (modified Monterey half turn right) (12.0)

[32-40] SIDE-SLIDE, CHASSE A QUARTER, PIVOT A QUARTER, CROSS SHUFFLE

- 1,2,3&4 Take a long step to your right and drag left and step next to right, right to right side, left next to right, make a quarter turn right stepping forward on right (use hips to accentuate steps 1-4) (3.0)
- 5,6,7&8 Step forward left, pivot a quarter turn right, cross left over right, right to right side, cross left over right (6.0)

[41-48] SIDE, BEHIND, AND HEEL, AND CROSS, SIDE, BEHIND, AND HEEL, AND CROSS

- 1,2&,3&,4 Right to right side, cross left behind right, step back on right, touch left heel forward, left next to right, cross right over left
- 5,6&,7&,8 Left to left side, cross right behind left, step back on left, touch right heel forward, right next to left, cross left over right

START AGAIN

ENDING: You will be at the end of Wall 7 and facing 6 o'clock after doing Section 6 [41-48] with your left crossed over your right.
Just make a half turn to your right to face the front!

