

Baby... You're No Good

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pat Esper (USA) - February 2016
音樂: You're No Good - Sarah Ross



Dance Map: 16(intro) -32-32- 32-32- 32-8- 32-32...

[1-8]: West Coast Basic, Step, Quarter turn

- 1-2. Step forward on the right foot. Step forward on the left foot.
3&4. Rock the ball of the right foot behind the left, Recover on the left foot, Step slightly back on the right foot.
5&6. Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.
7-8. Step forward on the right foot. Pivot a quarter turn to the left.

[9-16]: Crossing triple, Side rock, Recover, Weave, Sailor half turn

- 1&2. Cross the right foot over the left, Step the left foot to the side, Cross the right foot over the left.
3-4. Rock the left foot to the side. Recover on the right foot.
5&6. Step the left foot behind the right, Step the right foot to the side, Step the left foot across the right.
7&8. Making a slight sweeping turn to the right, step the right foot behind the left, step the left foot to the side, Step in place on the right foot.

(can substitute a coaster step as an option)

[17-24]: Walk, Step with a turn, Triple, Side, Together, Triple back

- 1-2. Step forward on the left foot, Step forward on the right foot turning a three quarter turn to the left.

(Styling is to slightly hitch the left foot over the right shin as you turn)

- 3&4. Step forward on the left foot, Step the right foot next to the left, Step forward on the left foot.
5-6. Step the right foot to the side. Slide/step the left foot next to the right.
7&8. Step back on the right foot, Step the left foot next to the right, Step back on the left foot.

[25-32]: Turn, Touch, Turn, Touch, Three quarter turn, Coaster step

- 1-2. Step back on the left foot turning a quarter turn to the left. Touch the right foot next to the left.
3-4. Turn a quarter turn to the right stepping forward on the right foot. Touch the left foot next to the right.
5-6. Turning a quarter turn to the left stepping forward on the left foot. Pivot a half turn to the left stepping back on the right foot.
7&8. Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.

Start again

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