

No Good for Me

COPPERKNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jo Hough (AUS) - May 2017
音樂: No Good for Me - The Corrs : (Album: Talk on Corners. iTunes - 4:00)



Dance starts: 16 counts (11 secs.) "I see.." □ CW rotation

Sec 1: □ SKATE, SKATE SHUFFLE. SKATE, SKATE SHUFFLE. □

1-2 Skate R, Skate L □ 12
3&4 Shuffle forward: stepping RLR
5-6 Skate L, Skate R
7&8 Shuffle forward: stepping LRL

Sec 2: □ ¼ TURN, CROSS SHUFFLE. SIDE ROCK SWAY, BEHIND SIDE ACROSS. □

1-2 Step forward on R, ¼ turn L, take weight L □ 9
3&4 Cross shuffle: stepping RLR
(harder option on 3&4 and 5: full turn stepping R across L, ¼ turn R stepping back on L, ½ turn R stepping forward on R, step ¼ L rock and sway on step 5) □
5-6 Rock and sway L to left, take weight R
7&8 Step L behind R, step R to R, step L across R

Sec 3: □ HIP BUMPS, HIP BUMPS. ROCK REPLACE. BACK HEEL, HOLD □

1&2 Step R hip bumps forward R, back L, forward R
3&4 ** □ Step L hip bumps forward L, back R, forward L **
5-6 Rock forward on R, replace weight L
&7-8 Step back on R, left heel forward, hold (8)

Sec 4: □ STEP TOG, WALK WALK. SHUFFLE, ½ TURN, 1 ¼ TURN □

&1-2 Step L together with R, walk R walk L
3&4 Shuffle forward: stepping RLR
5-6 Step forward on L, pivot ½ step R □ 3
7&8 ½ turn R step back on L, ½ turn R step forward R, step ¼ turn R step forward on L □ 6

Easier option (7&8): ¼ turn triple stepping LRL □

Restart: During wall 8 **. Dance up to count 4 in Sec 3 restart the dance to the 6 o'clock wall.
To finish: Dance to count 32 on wall 10, add an extra ½ turn R stepping forward on R to 12:00 step L to L, step drag R together.

Thanks to Michelle my sheet scrutineer.

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