

No Good For You

拍數: 32 牆數: 4 級數: High Beginner
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音樂: No Good For You - Meghan Trainor



Intro: 2 count

NOTE : TAG is always doing facing front (12:00)

S1. CROSS, SIDE, SAILOR TURN 1/4 RIGHT, FORWARD, BACK TURN 1/2 LEFT, COASTER STEP

1-2 Cross R over L – Step L to side (12:00)
3&4 Cross R behind L – Turn 1/4 right step L to side – Step R forward (3:00)
5-6 Step L forward – Turn 1/2 left step R back (9:00)
7&8 Step L back – Step R together – Step L forward

S2. FORWARD LOCK SHUFFLE, PIVOT 1/2 LEFT, WALK FORWARD

1&2 Step R forward – Lock L behind R – Step R forward (9:00)
3&4 Step L forward – Lock R behind L – Step L forward
5-8 Step R forward – Turn 1/2 left - Step R forward – Step L forward (3:00)

Note: For style, you can do the forward lock shuffle count 1&2 and 3&4 to diagonal forward

S3. VAUDEVILLE, JAZZ BOX

1&2& Cross R over L – Step L to side – Touch R toes diagonal forward – Step R beside L (3:00)
3&4& Cross L over R – Step R to side – Touch L toes diagonal forward – Step L beside R
5-8 Cross R over L – Step L back – Step R to side – Step L forward (3:00)

S4. FORWARD LOCK SHUFFLE, PIVOT TURN 1/2 RIGHT WITH FLICK, SYNCOPATED V STEP, FORWARD, TOGETHER

1&2 Step R forward – Lock L behind R – Step R forward (3:00)
3-4 Step L forward – Turn 1/2 right flick R back (9:00)
5&6& Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together
7-8 Step R forward – Step L together (9:00)

REPEAT

TAG : End of wall 2, 5 & 9 (2x)

End of wall 2, S.4 on count 7-8 do these step, then continue with the TAG

7-8 Step R forward - Turn 1/2 left

On wall 5, S.4 on count 7-8 do these step, then continue with the TAG

7-8 Step R forward - Turn 1/4 left

S1. FORWARD, MAMBO, BACK MAMBO, RIGHT SIDE MAMBO, LEFT SIDE MAMBO

1&2 Rock R forward – Recover on L – Step R back
3&4 Rock L back – Recover on R – Step L forward
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together

S2. V STEP, BODY ROLL

1-4 Step R diagonal forward right arm to side – Step L diagonal forward left arm to side – Step R back to center right arm on right hips – Step L together left arm on left hips
5-8 Step R to side roll body to right – Step L in place roll body to left – Step R in place roll body to right – Step L in place roll body to left

When doing 5-8 step your hands make a criss cross in front of your knees, when R foot stepping left hand move, when L foot stepping right hand move

For more info about step sheet & song, please contact:

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