

No Good

拍數: 32 牆數: 4 級數: Novice
編舞者: Tibor Mosch (DE) - February 2020
音樂: No Good - Ally Brooke



Intro: 16 Counts

LINDI R+L

1&2 Step RF to right side (1) step LF beside RF (&) step RF to right side (2)
3,4 Step LF back (3), recover on RF (4)
5&6 Step LF to left side (5) step RF beside LF (&) step LF to left side (6)
7,8 Step RF back (7), recover on LF (8)

SYNCOPATED PRISSY WALKS , WALK, WALK, STEP ¼ TURN L

1, 2 Cross RF over LF (1), hold (2)
3, 4 Cross LF over RF (3), hold (4)
5, 6 Step RF forward (5), step LF forward (6)
7, 8 Step RF forward ,(7) make a 1/4 turn l (8) (9.00)

CROSS, HOLD, SIDE, HOLD, BEHIND, SIDE, CROSS ROCK, RECOVER

1 Cross RF over LF (1)
(Bent kness and put your hands on your left knee)
2 hold (2)
3 Step LF to left side (3)
(Straighten your body and put your hands up over your shoulders)
4 Hold (4)
5,6 Step RF behind LF (5), Step LF to left side (6)
7, 8 Cross RF over LF (7),recover on LF (8)

RUMBA BOX

1, 2 Step RF to right side (1) step LF beside RF (2)
3, 4 Step RF forward (3), touch LF next RF (4)
5, 6 Step LF to left side (5) step RF beside LF (6)
7, 8 Step LF backward (7), touch RF next LF (8)

REPEAT

TAG: AFTER 9th WALL (9:00)

SIDE, TOUCH, SIDE, TOUCH,

1,2 Step RF to right side (1) touch LF beside RF (2)
3,4 Step LF to left side (3) touch RF beside LF (4)