

No Good

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gregory Danvoie (BEL) & Sobrielo Philip Gene (SG) - May 2020
音樂: No Good - Ally Brooke



Intro: 16 counts

[1-8] DORTHY STEPS HEEL SWITCHES, DORTHY STEP HEEL SWITCHES

- 1-2& Step RF diagonally forward (1), lock LF behind RF (2), step RF diagonally forward (&)
3&4& Bring LF heel forward (3), step LF beside RF (&). Bring RF heel forward (4), step RF beside LF (&)
5-6& Step LF diagonally forward (5), lock RF behind LF (6), step LF diagonally forward (&)
7&8& Bring R heel forward (7), step RF beside LF (&). Bring L heel forward (8), step LF beside RF (&)

[9-16] ROCK RECOVER TRIPLE FULL TURN, ROCK RECOVER TRIPLE ¼ TURN

- 1-2 Rock RF forward (1), recover weight onto LF (2)
3&4 ½ right step RF forward (3), ¼ right step LF beside RF (&), ¼ right step RF forward (4)
5-6 Rock LF forward (5), recover weight onto RF (6)
7&8 ½ left step LF forward (3), step RF beside LF (&), ¼ right step LF forward (4) (3:00)

[17-24] STEP BUMP, BEHIND SIDE CROSS, SIDE ROCK, SAILOR ¼ TURN

- 1-2 Step RF to right (1), bump hip to right (2)
3&4 Step LF behind RF (3), Step RF to right (&), cross LF over RF (4)
5-6 Rock RF to right (5), recover weight onto FL (6)
7&8 Step RF behind LF (7), ¼ right step LF back (&), step RF forward (8) (6:00)

[25-32] FORWARD HITCH, BACK POINT, TOUCH SIDE, TOUCH SLIDE STEP

- 1-2 Step LF forward (1), hitch RF (2)
3-4 Step RF back (3), point LF back (4)
5-6 Point LF to left (5), touch LF beside RF (6)
7-8 Step LF long step to left (7), step RF beside LF (8) (6:00)

[33-40] CROSS HOLD, STEP CROSS, STEP SIDE HIP SWAY

- 1-2 Cross LF over right (1), Hold (2)
3-4 Step RF to right (3), cross LF over RF (4)
5-6 Step RF to right (5), step Lf to left (6) (feet apart)
7-8 Sway hip to right (7), sway hip to left (8) (weight on left)

[41-48] BALL CROSS, ½ TURN HEEL BOUNCE, KICK BALL CHANGE ¼ TURN

- &1- Step RF beside LF (&), cross LF over RF (1)
2-4 Making ½ turn right bounce heels 3 times (2-4) (weight on LF) (12:00)
5&6 Kick RF forward (5), making 1/8 right RF down (&), step LF beside RF (6)
7&8 Kick RF forward (7), making 1/8 right RF down (&), step LF beside RF (8) (3:00)

[49-56] ROCK HITCH, SHUFFLE FORWARD, ROCK RECOVER TRIPLE ¼ TURN

- 1-2 Rock RF forward (1), recover weight onto to LF while hitching RF (2)
3&4 Step RF forward (3), step LF beside RF (&), Step RF forward (4)
5-6 Rock LF forward (5), recover weight onto RF (6)
7&8 ½ left step LF forward (3), step RF beside LF (&), ¼ right step LF forward (4) (6:00)

[57-64] WALK WALK, ½ BACK KICK, WALK WALK, ½ KICK

- 1-2 Step RF forward (1), step LF forward (2)

3-4 ½ turn left step RF back (3), Kick LF forward (4)
5-6 Step LF forward (1), step RF forward (2)
7-8 ½ turn right step LF back (3), Kick RF forward (4) (6:00)

Tag: Wall 5 (12:00) after 32 counts (6:00)

Cross LF over RF (1) making full turn right bounce heels 3 times (weight on left)

Last Update - 1 May 2020
