

# No Good

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lady Lace (UK)  
音樂: You're No Good - Betty Everett



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## FORWARD TOE SWITCHES, FORWARD SHUFFLE, STEP PIVOT ¼, CROSS SHUFFLE

1&2      Point right forward, step in place, point left forward  
&3&4      Step left in place, step right forward, close left to right, step right forward  
5-6      Step left forward, turn ¼ right weight on right  
7&8      Cross step lover right, step right to side, cross step left over left

## FULL TURN LEFT, HIP BUMPS & TOGETHER, STEP PIVOT ½, STEP, POINT

1-2      Step right back ¼ left, step left to side ¾ left  
**Easier option: step right to side bump hips, bump hips left**  
3&4      Step right to right side bumping hips, left, right  
&5-6      Step left beside right, step right forward, pivot ½ left (weight on left)  
7-8      Step right forward, point left to left side

## HEEL, TOE, KICK BALL STEP, 2 WALKS, LEFT COASTER ½ TURN RIGHT

1-2      Touch left heel forward, touch left toe back  
3&4      Kick left forward, step left in place, step right forward  
5-6      Step left forward, step right forward  
7&8      Step back left ¼ turn right, step right forward ¼ turn right, step left beside right

## ROCKING CHAIR FORWARD & BACK, ½ PIVOT, 2 WALKS BACK, & BACK TOUCH

1-2      Rock right forward, recover onto left  
3-4      Rock right back, recover onto left  
5-6      Pivot ½ turn left stepping back right, step back left  
&7-8      Step right beside left, step back left, touch right across left

**REPEAT**

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