

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



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
