No Good For Ya, Baby

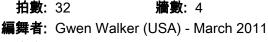|		
拍數: 32	牆數: 4	級數: Improver
編舞者: Gwen Walker (USA) - March 2011		
音樂: I'm No Good - Laura Bell Bundy		

No tags or restarts, when the music does a pause, keep dancing, it will pick back up on beat.
This dance can be used as a floor split with Rachael McEnaney's dance to the same song.

Dance begins on lyrics 32 counts in.

Rock forward recover, triple back, rock back recover, kick ball change

1-2	Rock forward on right foot, recover back to left.
3&4	Triple back, right – left – right
5-6	Rock back onto left, recover to right.
7&8	Kick left forward, bring left foot back beside right on the ball of foot and change weight to right foot.

Left side triple, rock right back recover, kick ball change, right forward rock.

1&2	Side triple to the left, left-right-left.
3-4	Rock back onto right, recover weight to left.
5&6	Kick right forward, bring right back beside left on the ball of foot and change weight to left foot.
7-8	Rock forward onto right, recover weight left.

½ turn right triple, side rock, ¼ sailor step, 2 walking steps

1&2	Triple ½ turn to right , right – left – right.
3-4	Side rock to left, recover to right.
5&6	Sweep left foot ¼ left bringing left behind right, step right to right side, step left to left side.
7-8	Walk forward stepping right – left.

½ turn Monterey, forward hip bumps right, then with left.

1-4	Touch right toe out to right side, bring right foot in while turning a ½ turn over right shoulder, once turned, touch left toe out to side , bring left back beside right placing weight on it.
5&6	Step small step forward onto right foot, bump hips right –left- right. Weight ends on right foot.
7&8	Step small step forward onto left foot, bump hips left- right- left. Weight ends on left foot.

Repeat……….. Have fun!

Contact: gkwdance@gmail.com