

I'm No Good (Cn)

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Rachael McEnaney, UK (Feb 11)

Music: I'm No Good (For Ya Baby) by Laura Bell Bundy (CD: Achin' & Shakin, 120bpm)

☐☐☐ **Count In: 32 counts from start of**

track - dance begins on vocals 32☐☐☐☐☐

☐☐☐

Walk RL, R Fwd Rock, R Coaster Step,

Step L, ½ Pivot Turn R - Weight Ends R

1-4

Walk forward on right (1), walk forward on left (2), rock forward on

right (3), recover weight onto left (4) 12.00

☐☐☐☐ , ☐☐☐☐ , ☐☐☐☐☐ , ☐☐☐☐ (☐☐ 12☐☐)

5&6,78

Step back on right (5), step left next to right (&), step forward on

right (6), step forward on left (7), pivot ½ turn right (8) 6.00

☐☐☐☐ , ☐☐☐☐ , ☐☐☐☐ , ☐☐☐☐ , ☐☐☐☐ 180☐ (6☐☐☐)

☐☐☐

Walk LR, L Fwd Rock, L Coaster Step,

Step R, ¼ Pivot L - Weight Ends L

1-4

Walk forward on left (1), walk forward on right (2), rock forward on

left (3), recover weight onto right (4) 6.00

□□□□ , □□□□ , □□□□ , □□□□ (□□ 6□□)

5&6,78

Step back on left (5), step right next to left (&), step forward on

left (6), step forward on right (7), pivot ¼ turn left (8) 3.00

□□□□ , □□□□ , □□□□ , □□□□ , □□□ 90□ (3□□)

□□□

Weave Crossing R Over - L Side - R

Behind - ¼ Turn L Fwd L, Rock Fwd R, ½ Turn R, ¼ Turn R - Weight L

1-4

Cross right over left (1), step left to left side (2), cross right

behind left (3), make ¼ turn left stepping forward on L (4) 12.00

□□□□□□□□ , □□□□ , □□□□□□□□ , □□ 90□□□□□□ (□□ 12□□)

5-8

Rock forward on right (5), recover weight onto left (6), make ½ turn

right stepping forward on right (7), make ¼ turn right stepping left to left

side (8) 9.00

□□□□□□ , □□□□ , □□ 180□□□□□□ , □□ 90□□□□□□ (□□ 9□□)

□□□

Cross R Behind, Side L, R Crossing

Shuffle, L Side Rock, L Crossing Shuffle - Weight Ends L

12,3&4

Cross right behind left (1), step left to left side (2), cross right

over left (3), step left next to right (&), cross right over left (4) 9.00

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□ , □□□□□□□□ (□□ 9□□)

5-8

Rock left to left side (5), recover weight onto right (6), cross left

over right (7), step right next to left (&), cross left over right (8) 9.00

□□□□□ , □□□□ , □□□□□□□□ , □□□□ , □□□□□□□□ (□□ 9□□)

mso-font-kerning:0pt">□□□

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mso-font-kerning:0pt">R Kick Ball Cross, Side R, Touch L, L Kick Ball Cross,

Side L, Touch R - Weight Ends L

1&2

Kick right to right diagonal (1), step in place with right (&),

cross left over right (2) 9.00

□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 9□□)

3-4

Take big step to right side (3), touch left next to right (4) 9.00

□□□□□□□□ , □□□□ (□□ 9□□)

5&6

Kick left to left diagonal (5), step in place with left (&), cross

right over left (6) 9.00

□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 9□□)

7-8

Take big step to left side (7), touch right next to left (8) 9.00

□□□□ , □□□ (□□ 9□□)

mso-font-kerning:0pt">□□

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mso-font-kerning:0pt">2 R Heel Touches, 2 L Heel Touches, R Heel, L Heel, Rock Fwd R, -

Weight Ends L

1,2&3,4

Touch right heel forward (1), touch right heel forward (2), step right

next to left (&), touch left heel forward (3), touch left heel forward

(4) 9.00 □□□□ , □□□□ , □□□□ , □□□□ , □□□□

&5&6

Step left next to right (&), touch right heel forward (5), step

right next to left (&), touch left heel forward (6) 9.00

□□□□ , □□□□ , □□□□ , □□□□ (□□ 9□□)

&78

Step left next to right (&), rock forward on right (7), recover

weight onto left (8) 9.00 □□□□ , □□□□ , □□□□ (□□ 9□□)

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">R Back Shuffle, L Back Rock, ½ Turn R Doing L Shuffle,

¼ Turn R Doing R Chasse - Weight Ends R

1&2,34

Step back on right (1), step left next to right (&), step back on

right (2), rock back on left (3), recover weight right (4) 9.00

□□□□ , □□□□ , □□□□ , □□□□ , □□□□ (9□□)

5&6

Make ¼ turn right stepping left to left side (5), step right next to

left (7), make ¼ turn right stepping back on left (8) (1/2 shuffle) 3.00

□□ 90□□□□ , □□□□ , □□ 90□□□□ (□□□) (3□□)

7&8

Make ¼ turn right stepping right to right side (7), step left next to

right (&), step right to right side (1/4 chasse) 6.00

□□ 90□□□□ , □□□□ , □□□□ (90□□□□) (6□□)

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mso-font-kerning:0pt">L Jazz Box Cross, L Chasse, R Back Rock

1-4

Cross left over right (1), step back on right (2), step left to left

side (3), cross right over left (4) 6.00

□□□□□□□□ , □□□□ , □□□□ , □□□□□□□□ (6□□)

5&6,78

Step left to left side (5), step right next to left (&), step left

to left side (6), rock back on right (7), recover weight onto left (8) 6.00

□□□□ , □□□□ , □□□□ , □□□□ , □□□□ (6□□)

TAG: At the END of the 1st wall (facing 6.00), 2nd

wall (facing 12.00), and 3rd wall (facing 6.00), Add following

tag:

□□□□ (□□ 6□□), □□□□ (□□ 12□□), □□□□ (□□ 6□□)□□□□ , □ 8□

1-4

Step forward on right (1), pivot $\frac{1}{4}$ turn left (2), step forward on right

(3), pivot $\frac{1}{4}$ turn left (4)

□□□□ , □□□ 90□ , □□□□ , □□□ 90□

5-8

Step forward on right (5), pivot $\frac{1}{4}$ turn left (6), step forward on right

(7), pivot $\frac{1}{4}$ turn left (8)

□□□□ , □□□ 90□ , □□□□ , □□□ 90□