

I'M NO GOOD

Count: 64. Wall: 2. Level: Intermediate

Choreographer: Rachael McEnaney (GBR) - February 2011

Music: I'm No Good (For Ya Baby) by Laura Bell Bundy (Album: Achin' & Shakin')

INTRO: 32 count. Weight on L. Three Tags.

WALK, WALK, FORWARD, ROCK, COASTER BACK, STEP, PIVOT 1/2 RIGHT

1-4 Step R forward, Step L forward, Rock R forward, Recover onto L

5&6 Step R back, Step L beside R, Step R forward

7,8 Step L forward, Pivot ½ right **[6:00]**

WALK, WALK, FORWARD, ROCK, COASTER BACK, STEP, PIVOT 1/4 LEFT

1-4 Step L forward, Step R forward, Rock L forward, Recover onto R

5&6 Step L back, Step R beside L, Step L forward

7,8 Step R forward, Pivot ¼ left **[3:00]**

WEAVE LEFT 1/4, FORWARD, ROCK, 1/2 RIGHT, 1/4 RIGHT

1-4 Cross R over L, Step L to left, Step R behind L, Turn ¼ left step L forward **[12:00]**

5,6 Rock R forward, Recover onto L

7,8 Turn ½ right step R forward, Turn ¼ right step L to left **[9:00]**

BEHIND, SIDE, CROSS SHUFFLE, SIDE, ROCK, CROSS SHUFFLE

1,2 Step R behind L, Step L to left

3&4 Cross R over L, Step L beside R, Cross R over L

5,6 Rock L to left, Recover onto R

7&8 Cross L over R, Step R beside L, Cross L over R

KICK-BALL-CROSS, SIDE, TOUCH, KICK-BALL-CROSS, SIDE, TOUCH

1&2 Kick R forward 45° right, Step ball of R beside L, Cross L over R

3,4 Big step R to right, Touch L beside R

5&6 Kick L forward 45° left, Step ball of L beside R, Cross R over L

7,8 Big step L to left, Touch R beside L **[9:00]**

HEEL, HEEL-&HEEL, HEEL-&HEEL-&HEEL-&FORWARD, ROCK

1,2& Touch R heel forward, Touch R heel forward, Step R beside L

3,4& Touch L heel forward, Touch L heel forward, Step L beside R

5&6 Touch R heel forward, Step R beside L, Touch L heel forward

&7,8 Step L beside R, Rock R forward, Recover onto L **[9:00]**

SHUFFLE BACK, BACK, ROCK, SHUFFLE 1/2 RIGHT, SHUFFLE 1/4 RIGHT

1&2 Step R back, Step L beside R, Step R back

3,4 Rock L back, Recover onto R

5&6 Turn ¼ right step L to left, Step R beside L, Turn ¼ right step L back **[3:00]**

7&8 Turn ¼ turn right step R to right, Step L beside R, Step R to right **[6:00]**

JAZZ BOX, CROSS, CHASSE LEFT, BACK, ROCK

1-4 Cross L over R, Step R back, Step L to left, Cross R over L

5&6 Step L to left, Step R beside L, Step L to left

7,8 Rock R back, Recover onto L **[6:00]**

64 REPEAT

TAGS: End of Wall 1 [6:00], Wall 2 [12:00], and Wall 3 [6:00] Add:

STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT

1-4 Step R forward, Pivot ¼ left, Step R forward, Pivot ¼ left

5-8 Step R forward, Pivot ¼ left, Step R forward, Pivot ¼ left