I'm No Good

Choreographed by **Rachael McEnaney (UK) (February 2011)**
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Description:	64 Counts, 2 Walls, Intermediate line dance
Music:	"I'm No Good (For Ya Baby" – Laura Bell Bundy (Album: Achin' & Shakin') (available on itunes and all major mp3 websites) – approx 120bpm
Count In:	32 counts from start of track – dance begins on vocals
Notes:	3 Tags – end of 1st, 2nd and 3rd wall – 4x ¼ pivot turns

Section	Footwork	End Facing
1 - 8	**Walk RL, R fwd rock, R coaster step, step L, ½ pivot turn R – weight ends R**	
1 2 3 4	Walk forward on right (1), walk forward on left (2), rock forward on right (3), recover weight onto left (4)	12.00
5 & 6 7 8	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
9 - 16	**Walk LR, L fwd rock, L coaster step, step R, ¼ pivot L – weight ends L**	
1 2 3 4	Walk forward on left (1), walk forward on right (2), rock forward on left (3), recover weight onto right (4)	6.00
5 & 6 7 8	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
17 - 24	**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 2 3 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
5 6 7 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
25 - 32	**Cross R behind, side L, R crossing shuffle, L side rock, L crossing shuffle – weight ends L**	
1 2 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
5 6 7 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
33 - 40	**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
3 - 4	Take big step to right side (3), touch left next to right (4)	9.00
5 & 6	Kick left to left diagonal (5), step in place with left (&), cross right over left (6)	9.00
7 - 8	Take big step to left side (7), touch right next to left (8)	9.00
41 – 48	**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
& 7 8	Step left next to right (&), rock forward on right (7), recover weight onto left (8)	9.00
49 - 56	**R back shuffle, L back rock, ½ turn R doing L shuffle, ¼ turn R doing R chasse – weight ends R**	
1 & 2 3 4	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
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
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
57 - 64	**L jazz box cross, L chasse, R back rock**	
1 2 3 4	Cross left over right (1), step back on right (2), step left to left side (3), cross right over left (4)	6.00
5 & 6 7 8	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
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:**	
1 2 3 4	Step forward on right (1), pivot ¼ turn left (2), step forward on right (3), pivot ¼ turn left (4)	
5 6 7 8	Step forward on right (5), pivot ¼ turn left (6), step forward on right (7), pivot ¼ turn left (8)	

START AGAIN, HAVE FUN! ☺