

## I'm No Good

64 Count, 2 Wall, **Intermediate**

Choreographer: Rachael McEnaney (UK) February 2011

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

**Count In: 32 counts from start of track – dance begins on vocals**

### **WALK RL, R FWD ROCK, R COASTER STEP, STEP L, 1/2 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 on left (4)  
5 & 6 Step back on right (5), step left next to right (&), step forward on right (6),  
7 8 step forward on left (7), pivot 1/2 turn right (8) 6.00

### **WALK LR, L FWD ROCK, L COASTER STEP, STEP R, 1/4 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 on right (4)  
5 & 6 Step back on left (5), step right next to left (&), step forward on left (6), step forward on  
7 8 right (7), pivot 1/4 turn left (8) 3.00

### **WEAVE CROSSING R OVER - L SIDE - R BEHIND – 1/4 TURN L FWD L, ROCK FWD R, 1/2 TURN R, 1/4 TURN R**

- 1 2 3 4 Cross right over left (1), step left to left side (2), cross right behind left (3),  
make 1/4 turn left stepping forward on L (4) 12.00  
5 6 7 8 Rock forward on right (5), recover weight onto left (6), make 1/2 turn right stepping  
forward on right (7), make 1/4 turn right stepping left to left side (8) 9.00

### **CROSS R BEHIND, SIDE L, R CROSSING SHUFFLE, L SIDE ROCK, L CROSSING SHUFFLE**

- 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

### **R KICK BALL CROSS, SIDE R, TOUCH L, L KICK BALL CROSS, SIDE L, TOUCH R**

- 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

### **2 R HEEL TOUCHES, 2 L HEEL TOUCHES, R HEEL, L HEEL, ROCK FWD R RECOVER 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

### **R BACK SHUFFLE, L BACK ROCK, 1/2 TURN R DOING L SHUFFLE, 1/4 TURN R DOING R CHASSE**

- 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 1/4 turn right stepping left to left side (5), step right next to left (7),  
make 1/4 turn right stepping back on left (8) (1/2 shuffle) 3.00

7 & 8 Make 1/4 turn right stepping right to right side (7), step left next to right (&), step right to right side (1/4 chasse) 6.00

**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)

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, pivot 1/4 turn left, step forward on right, pivot 1/4 turn left

5 6 7 8 Step forward on right, pivot 1/4 turn left, step forward on right, pivot 1/4 turn left

**START AGAIN, HAVE FUN!•**

