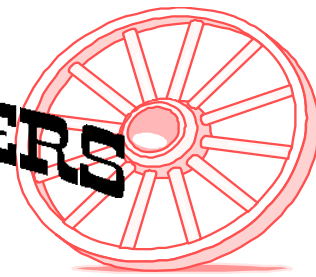




COUNTRY CLUB DANCERS



I'm No Good

Choreographed by **Rachael McEnaney (UK) (February 2011)**

Dance taught by Paul
Hergert for the Country
Club Dancers 7-11-11

Description: 64 Counts, 2 Walls, Intermediate line dance

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

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 R (1), walk forward on L (2), rock forward on R (3), recover weight onto L (4) 12.00

5 & 6 7 8 Step back on R (5), step L next to R (&), step forward on R (6), step forward on L (7), pivot ½ turn R (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 L (1), walk forward on R (2), rock forward on L (3), recover weight onto R (4) 6.00

5 & 6 7 8 Step back on L(5), step R next to L (&), step forward on L (6), step forward on R (7), pivot ¼ turn L (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 R over L (1), step L to L side (2), cross R behind L (3), make ¼ turn L stepping forward on L (4) 12.00

5 6 7 8 Rock forward on R (5), recover weight onto L (6), make ½ turn R stepping forward on R (7), make ¼ turn R stepping L to L 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 R behind L (1), step L to L side (2), cross R over L (3), step L next to R (&), cross R over L (4) 9.00

5 6 7 8 Rock L to L side (5), recover weight onto R (6), cross L over R (7), step R next to L (&), cross L over R (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 R to R diagonal (1), step in place with R (&), cross L over R (2) 9.00

3 - 4 Take big step to R side (3), touch L next to R (4) 9.00

5 & 6 Kick L to L diagonal (5), step in place with L (&), cross R over L (6) 9.00

7 - 8 Take big step to L side (7), touch R next to L (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 R heel forward (1), touch R heel forward (2), step R next to L (&), touch L heel forward (3), touch L heel forward (4) 9.00

& 5 & 6 Step L next to R (&), touch R heel forward (5), step R next to L (&), touch L heel forward (6) 9.00

& 7 8 Step L next to R (&), rock forward on R (7), recover weight onto L (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 R (1), step L next to R (&), step back on R (2), rock back on L (3), recover weight R (4) 9.00

5 & 6 Make ¼ turn R stepping L to L side (5), step R next to L (7), make ¼ turn R stepping back on L (8) (1/2 shuffle) 3.00

7 & 8 Make ¼ turn R stepping R to R side (7), step L next to R (&), step R to R side (1/4 chasse) 6.00

57 - 64 L jazz box cross, L chasse, R back rock

1 2 3 4 Cross L over R (1), step back on R (2), step L to L side (3), cross R over L (4) 6.00

5 & 6 7 8 Step L to L side (5), step R next to L (&), step L to L side (6), rock back on R (7), recover weight onto L (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 R (1), pivot ¼ turn L (2), step forward on R (3), pivot ¼ turn L (4)

5 6 7 8 Step forward on R (5), pivot ¼ turn L (6), step forward on R (7), pivot ¼ turn L (8)

START AGAIN, HAVE FUN! □

I'm No Good
7-11-11