

# I'M NO GOOD

**Count:** 64, **Wall:** 2, **Level:** Intermediate, **Choreographer:** Rachael McEnaney (UK) Feb 2011  
**Music:** I'm No Good (For Ya Baby) by 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

**[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)  
& 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)**

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!**