

# 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) 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!**

**Contact:** [www.dancejam.co.uk](http://www.dancejam.co.uk) - [Rachaeldance@me.com](mailto:Rachaeldance@me.com) - Tel: 07968 181933