I'm No Good (zh)

Compte: 64 **Mur:** 2 **Niveau:** Intermediate
Chorégraphe: Rachael McEnaney (USA) - 2011年02月
Musique: I'm No Good - Laura Bell Bundy : (CD: Achin' & Shakin)

前奏： Count In: 32 counts from start of track – dance begins on vocals 32拍後唱歌起跳

第一段 **Walk RL, R Fwd Rock, R Coaster Step, Step L, ½ Pivot Turn R – Weight Ends R**

1-4 Walk forward on right (1), walk forward on left (2), rock forward on right (3), recover weight onto left (4) 12.00
右足前走, 左足前走, 右足前下沉, 左足回復(面向12點鐘)

5&6,78 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
右足後踏, 左足併踏, 右足前踏, 左足前踏, 右軸轉180度(6點鐘)

第二段 **Walk LR, L Fwd Rock, L Coaster Step, Step R, ¼ Pivot L – Weight Ends L**

1-4 Walk forward on left (1), walk forward on right (2), rock forward on left (3), recover weight onto right (4) 6.00
左足前走, 右足前走, 左足前下沉, 右足回復(面向6點鐘)

5&6,78 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
左足後踏, 右足併踏, 左足前踏, 右足前踏, 左軸轉90度(3點鐘)

第三段 **Weave Crossing R Over - L Side - R Behind – ¼ Turn L Fwd L, Rock Fwd R, ½ Turn R, ¼ Turn R – Weight L**

1-4 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
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向12點鐘)

5-8 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
右足前下沉, 左足回復, 右轉180度右足前踏, 右轉90度左足左踏(面向9點鐘)

第四段 **Cross R Behind, Side L, R Crossing Shuffle, L Side Rock, L Crossing Shuffle – Weight Ends L**

12,3&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
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏(面向9點鐘)

5-8 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
左足左下沉, 右足回復, 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏(面向9點鐘)

第五段 **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
右足右斜角前踢, 右足踏, 左足於右足前交叉踏(面向9點鐘)

3-4 Take big step to right side (3), touch left next to right (4) 9.00
右足右一大步, 左足併點(面向9點鐘)

5&6 Kick left to left diagonal (5), step in place with left (&), cross right over left (6) 9.00
左足左斜角前踢, 左足踏, 右足於左足前交叉踏(面向9點鐘)

7-8 Take big step to left side (7), touch right next to left (8) 9.00
左足左一大步, 右足併點(面向9點鐘)

第六段 **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 右足踵前點, 右足踵前點, 右足併踏, 左足踵前點, 左足踵前點

&5&6 Step left next to right (&), touch right heel forward (5), step right next to left (&), touch left heel forward (6) 9.00
左足併踏, 右足踵前點, 右足併踏, 左足踵前點(面向9點鐘)

&78 Step left next to right (&), rock forward on right (7), recover weight onto left (8) 9.00 左足併踏, 右足前下沉, 左足回復(面向9點鐘)

第七段 R Back Shuffle, L Back Rock, ½ Turn R Doing L Shuffle, ¼ Turn R Doing R Chasse – Weight Ends R

1&2,34 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
右足後踏, 左足併踏, 右足後踏, 左足後下沉, 右足回復(9點鐘)

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
右轉90度左足左踏, 右足併踏, 右轉90度左足後踏(轉交換)(3點鐘)

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
右轉90度右足右踏, 左足併踏, 右足右踏(90度轉追步)(6點鐘)

第八段 L Jazz Box Cross, L Chasse, R Back Rock

1-4 Cross left over right (1), step back on right (2), step left to left side (3), cross right over left (4) 6.00
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足於左足前交叉踏(6點鐘)

5&6,78 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
左足左踏, 右足併踏, 左足左踏, 右足後下沉, 左足回復(6點鐘)

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:
第一面牆(面向6點鐘), 第二面牆(面向12點鐘), 第三面牆(面向6點鐘)結束時, 加8拍

1-4 Step forward on right (1), pivot ¼ turn left (2), step forward on right (3), pivot ¼ turn left (4)
右足前踏, 左軸轉90度, 右足前踏, 左軸轉90度

5-8 Step forward on right (5), pivot ¼ turn left (6), step forward on right (7), pivot ¼ turn left (8)
右足前踏, 左軸轉90度, 右足前踏, 左軸轉90度