You Know I'm No Good



Compte: 48 Mur: 4 Niveau: Improver

Chorégraphe: Marjorie Barnabas-Shaw (MY) - July 2008

Musique: You Know I'm No Good - Amy Winehouse : (Album: Back To Black)



Intro Count: 24 counts. Start on vocals

A. CROSS, ROCK BACK, RECOVER x2, FORWARD STEP, TOGETHER, SIDE ROCK RIGHT AND TOGETHER.

1&2 Cross right over left. Rock left diagonally back to left side. Recover onto right.
3&4 Cross left over right. Rock right diagonally back to right side. Recover onto left.

5-6 Step forward right. Step left next to right.

7&8 Rock right to right side. Recover onto left. Step slightly back right.

B. CROSS, ROCK BACK, RECOVERx2, FORWARD STEP, TOGETHER, SIDE ROCK LEFT AND TOGETHER.

1&2 Cross left over right. Rock right diagonally back to right side. Recover onto left. Cross right over left. Rock left diagonally back to left side. Recover onto right.

5-6 Step forward left. Step right next to left.

7&8 Rock left to left side. Recover onto right. Step slightly back left.

C. BACK RIGHT, LOCK, BACK RIGHT, TOUCH, BACK LEFT, LOCK, BACK LEFT, TOUCH.

1-2 Step back right. Lock left across right.
3-4 Step back right. Touch left beside right.
5-6 Step back left. Lock right across left.
7-8 Step back left. Touch right beside left.

D. MONTEREY 1/2 TURN, POINT, TOUCH, SIDE ROCKS.

1-2 Point right to right side. Turn 1/2 right stepping on right foot

3-4 Point left to left side. Touch left beside right.

Rock left to left side. Recover onto right. Step left beside right.
Rock right to right side. Recover onto left. Step right beside left.

E. WALK BACK LEFT, WALK BACK RIGHT, SHUFFLE BACK,1/4 TURN LEFT COASTER, KICK-BALL CHANGE.

1-2 Walk back left. Walk back right.

3&4 Step back left. Close right beside left. Step back left.

5&6 Turn 1/4 left stepping back on right. Step left beside right. Step forward right.

7&8 Kick left forward. Step left next to right. Step right in place.

F. FORWARD LEFT, TOUCH RIGHT, POINT, TOGETHER, POINT, BACK CROSS, BACK SHUFFLE.

1-2 Step forward left. Touch right toe beside left.

3&4 Point right to right side. Step right next to left. Point left to left side.

5-6 Step back left. Cross right over left.

7&8 Step back left. Close right beside left. Step back left. Cross right over left.

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~