

You Know I'm No Good

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Marjorie Barnabas-Shaw (MY) - July 2008
音樂: 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.
3&4 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.
5&6 Rock left to left side. Recover onto right. Step left beside right.
7&8 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 ~ * ~