

## No Good

32 count, 4 wall, beginner/intermediate level  
Choreographer: Lady Lace (UK) July 2005  
Choreographed to: You're No Good by Betty Everett,  
Soul Legends CD

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Intro: 16 counts

**Forward toe switches, forward shuffle, step pivot  $\frac{1}{4}$ , cross shuffle**

- 1&2 Point R forward, step in place, point L forward  
&3&4 Step L in place, step R forward, close L to R, step R forward  
5-6 Step L forward, turn  $\frac{1}{4}$  R weight on R  
7&8 Cross step Lover R, step R to side, cross step L over L

**Full turn L, hip bumps & together, step pivot  $\frac{1}{2}$ , step, point**

- 1-2 Step R back  $\frac{1}{4}$  L, step L to side  $\frac{3}{4}$  L  
(easier option: Step R to side bump hips, bump hips L)  
3&4 Step R to R side bumping hips, L, R  
&5-6 Step L beside R, step R forward, pivot  $\frac{1}{2}$  L (weight on L)  
7-8 Step R forward, point L to L side

**Heel, toe, kick ball step, 2 walks, L coaster  $\frac{1}{2}$  turn R**

- 1-2 Touch L heel forward, touch L toe back  
3&4 Kick L forward, step L in place, step R forward  
5-6 Step L forward, step R forward  
7&8 Step back L  $\frac{1}{4}$  turn R, step R forward  $\frac{1}{4}$  turn R, step L beside R

**Rocking chair forward & back,  $\frac{1}{2}$  pivot, 2 walks back, & back touch**

- 1-2 Rock R forward, recover onto L  
3-4 Rock R back, recover onto L  
5-6 Pivot  $\frac{1}{2}$  turn L stepping back R, step back L  
&7-8 Step R beside L, step back L, touch R across L
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