

## You Know I'm No Good

IMPROVER

48 Count 4 Walls

Choreographed by: Marjorie Barnabas-Shaw

Choreographed to: You Know

I'm No Good by Amy Winehouse

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### SECTION 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.

### SECTION 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.

### SECTION 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.

### SECTION 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.

### SECTION 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.

### SECTION 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** ~ \* ~

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