



I'm No Good

Choreographed by Rachel McEnaney

Description: 64 count, 2 wall intermediate line dance
Music: **I'm No Food (For Ya Baby)** by Laura Bell Bundy (120 bpm)

WALK FORWARD, FORWARD ROCK STEP, COASTER STEP, ½ PIVOT TURN RIGHT

- 1-4 Walk forward right, walk forward left, rock forward on right, recover on left
5&6 Step back on right, step left next to right, step forward on right
7,8 Step forward on left, pivot ½ turn right (6:00)

WALK FORWARD, FORWARD ROCK STEP, COASTER STEP, ¼ PIVOT TURN LEFT

- 1-4 Walk forward left, walk forward right, rock forward on left, recover on right
5&6 Step back on left, step right next to left, step forward on left
7,8 Step forward on right, pivot ¼ turn left (3:00)

WEAVE LEFT, ¼ TURN LEFT, ROCK STEP, ½ TURN RIGHT, ¼ TURN RIGHT

- 1-4 Cross right over left, step left to left, hook right behind left, make ¼ turn left stepping forward left (12:00)
5-8 Rock forward right, recover onto left, ½ turn right step forward right, ¼ turn right step left to left (9:00)

WEAVE LEFT, CHASSE, SIDE ROCK, CHASSE

- 1,2 Hook right behind left, step left to left
3&4 Cross right over left, step left next to right, cross right over left
5-8 Rock left to left, recover weight onto right, cross left over right, step right next to left, cross left over right

KICK-BALL-CROSS, SIDE RIGHT, TOUCH, KICK-BALL-CROSS, SIDE LEFT, TOUCH

- 1&2 Kick right to right diagonal, step in place with right, cross left over right
3,4 Take big step to right side, touch left next to right
5&6 Kick left to left diagonal, step in place with left, cross right over left
7,8 Take big step to left side, touch right next to left

HEEL TOUCHES, HEEL SWITCHES, FORWARD ROCK STEP

- 12&34 Touch right heel fwd, touch right heel fwd, step right next to left, touch left heel fwd, touch left heel fwd
&5&6 Step left next to right, touch right heel forward, step right next to left, touch left heel forward
&7,8 Step left next to right, rock forward on right, recover weight onto left

SHUFFLE BACK, ROCK STEP, ½ TURNING SHUFFLE RIGHT, ¼ TURNING SHUFFLE RIGHT

- 1&2-4 Step back on right, step left next to right, step back on right, rock back on left, recover weight right
5&6 Make ¼ turn right stepping left to left, step right next to left, make ¼ turn right stepping back on left (3:00)
7&8 Make ¼ turn right stepping right to right, step left next to right, step right to right side (6:00)

JAZZ-BOX-CROSS, SIDE SHUFFLE, ROCK STEP

- 1-4 Cross left over right, step back on right, step left to left side, cross right over left
5&6 Step left to left side, step right next to left, step left to left side
7,8 Rock back on right, recover weight onto left

TAG: *At the end of the 1st wall (6:00), 2nd wall (12:00), and 3rd wall (6:00) add following tag:*

- 1-4 Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left
5-8 Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left