

No Good Advice

40 count, 2 wall, beginner level

Choreographer: Nicola Chapman (England) Feb 2007

Choreographed to: No Good Advice by Girls Aloud,

Album: The Sound Of Girls Aloud

8 count intro

Section 1 walk, walk, step pivot 1/2 turn, walk, walk, step pivot 1/2 turn

- 1-2 walk forward right, walk forward left and clap
- 3-4 step forward right, pivot 1/2 turn left
- 5-6 walk forward right, walk forward left and clap
- 7-8 step forward right, pivot 1/2 turn left

Section 2 cross rock chasse, cross rock chasse

- 1-2 cross right over left, recover on left
- 3-4 step right to right side, step left next to right, step right to right side
- 5-6 cross left over right, recover on right
- 8-8 step left to left side, step right next to left, step left to left side

Section 3 Right lock step, left lock step, walk, walk, walk, kick

- 1-2 step right diagonally right, lock left foot behind right, step right diagonally right
- 3-4 step left diagonally left, lock right foot behind left, step left diagonally left
- 5-6 walk forward right, walk forward left
- 7-8 walk forward right, kick left foot forward

Section 4 walk, walk, walk, kick, walk, walk, walk, kick

- 1-2 walk back left, walk back right
- 3-4 walk back left, kick right foot forward
- 5-6 walk forward right, walk forward left
- 7-8 walk forward right, kick left forward

Section 5 walk, walk, walk, step, step, point, paddle steps

- 1-2 walk back left, walk back right
- 3-4 walk back left, step right next to left
- 5-6 step forward left, point right foot to right
- 7-8 weight on left foot paddle right foot at 12 o'clock, paddle right foot to 9 o'clock

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