

# No Excuses Ez Cha

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wand:** 4

**Ebene:** Absolute Beginner

**Choreograf/in:** Val Saari (CAN) - March 2018

**Musik:** No Excuses - Meghan Trainor : (iTunes)



## **RF ROCKING CHAIR X 2**

- 1-2 Rock RF forward, Recover Left
- 3-4 Rock RF back, Recover Left
- 5-6 Rock RF forward, Recover Left
- 7-8 Rock RF back, Recover Left

## **RUMBA BOX**

- 1,2,3&4 Step RF to right, Step LF together, Step RF back, Step LF together, Step RF beside Left
- 5,6,7&8 Step LF to Left, Step RF together, Step LF forward, Step RF together, Step LF beside Right

## **RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR**

- 1-2 Rock RF forward, Recover Left
- 3-4 Rock RF back, Recover Left
- 5-6 Rock RF forward pivot 1/4 R, Recover Left
- 7-8 Rock RF back, Recover Left

## **MAMBO RIGHT, MAMBO LEFT**

- 1-4 RF Rock side right, LF recover, RF close together beside L & hold
- 5-8 LF Rock side left, RF recover, LF close together beside R & hold

**REPEAT, ENJOY!**

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