

No Excuses Ez Cha

COPPER KNOB
BY STEPHENETS

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!
