

No Excuses

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Pooi Kuan (MY) - April 2018

Musik: No Excuses - Meghan Trainor



Dance starts after 16 counts

Section 1: Diagonally Walk Walk, Forward Shuffle, 1/2 Turn, Rock back Recover

- 1 2 Diagonally R Step RF Forward, Step LF Forward (1:30)
3 & 4 Forward Shuffle on RF, LF,RF (1:30)
& 5 6 Step LF Forward (&), 1/2R Turn Swipe RF from front to back (5)
Step RF Back (weight on RF - facing 7:30)
7 & 8 Recover on LF, Recover on RF, Recover on LF (7:30)

Section 2: Stomp, Stomp, Heel Swivel, Kick Ball Touch, Forward Step Touch

- 1 2 1/8L Turn Stomp on RF, Stomp on LF (6:00)
3 & 4 Right Heel Swivel in, out, in
5 & 6 Kick RF Out, 1/4R Turn Step RF on Ball, Touch LF to L
7 8 Step LF Forward, Touch RF to R

Section 3: Cross Shuffle, 1/2Turn Cross Shuffle, Side Step Touch

- 1 & 2 Cross RF over LF, Step LF to L, Cross RF over LF
3 & 4 1/4L Cross LF over RF, Step RF to R, Cross LF over RF
5 6 7 8 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF

Section 4: Jazz Box 1/4Turn, Press, Hold, Hitch

- 1 2 3 4 Cross RF over LF, Step LF Back. 1/4R Turn Step RF to R, Cross LF over RF
5 6 7 Press RF diagonally R with Right hand throw in(5), throw out(6), throw in(7)
8 Hitch RF (with a small hop)

Tag (16 counts): after 1st wall, 3rd wall & 5th wall

Section 1: (Lyric: Have you lost your mind?)

- 1 2 3 4 Step RF Forward, Hold, Pivot 1/2L Turn, Hold
5 Step RF next to LF, Put right hand on head
6 7 8 Turning head a anti-clockwise circle

Section 2: (Lyric: Open up your eyes.....Huh!)

- 1 2 3 4 Touch RF to R, Step RF next to LF, Touch LF to L, Step LF next to RF
5 6 7 Touch RF on ball with open both hands from inside to the outside
8 Hitch RF (with a small hop)

~~~ Enjoy! ~~~

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