

# No More Excuses

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Mark Cosenza (USA)

Musik: Bloodshot Eyes - Pat Benatar



## **FORWARD SKATES RIGHT AND LEFT, FORWARD SKATES RIGHT, LEFT, RIGHT, LEFT**

- 1-2 Skate forward right and hold right hand up (head level) palm in and snap, hold  
3-4 Skate forward left and swing right hand down (waist level) palm in and snap  
5-8 Skate forward right, left, right, left and wave right hand as you swing it up

## **CHARLESTON STEPS, RIGHT LEADING**

- 1-4 Touch right forward, hold, swing right back and step, hold  
5-8 Swing back left and touch, hold, swing left forward and step, hold

## **PIVOT, HEEL STEP, PIVOT, HEEL STEP, TOUCH TOE, HEEL, CROSS**

- 1-2 Turning  $\frac{1}{4}$  left, touch right heel forward, turning  $\frac{1}{4}$  left, step down on right  
3-4 Touch left heel forward, step down on left  
5-6 Touch right toe back with knee inward, touch right heel forward with knee outward  
7-8 Cross right over left, hold

## **CHARLESTON STEPS, LEFT LEADING**

- 1-4 Touch left forward, hold, swing left back and step, hold  
5-8 Swing back right and touch, hold, swing right forward and step, hold

## **LEFT KNEE SWIVELS, HEEL TOES SWIVELS DIAGONAL LEFT**

- 1-4 Touch on ball of left forward and swing knee inward, swing knee outward, swing knee inward, swing knee outward  
5 Face diagonal right and step left together with right  
6-8 Continuing diagonal left, swivel heels left, toes left, heels left

## **CIRCLE WALK AND SNAPS**

- 1-4 Walking in a circle to the right: step right  $\frac{1}{4}$  right, snap, right, step left  $\frac{1}{4}$  right  
5-8 Repeat counts one through four (completing the circle)

## **POINT, HOLD, STEP, HOLD, CROSS & POINT**

- 1-2 Point right side right, hold  
&3-4 Step down on right, point left side left, hold  
5-8 Cross left over right, hold, point right side right, hold

## **JAZZ BOX, BUMP HIPS AND SNAP TWICE**

- 1-4 Cross right over left, step back left, step right next to left, step left forward  
5-8 Bump hips right and snap, bump hips left, bump hips right and snap, bump hips left

## **REPEAT**

The song ends on count 16. Place left heel forward and put arms up