

# Ain't No Excuses

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver R&B (based on Country)  
编舞者: Christina Yang (KOR) - March 2018  
音乐: No Excuses - Meghan Trainor



Start the dance after 16 counts

## SECTION 1: SIDE TOUCH, FOOT CHANGE, SIDE TOUCH, BACKWARD ROCK, RECOVER AND FLICK, FORWARD, FORWARD, SIDE TOUCH, 1/4 TURN TO L WITH SIDE TOUCH

1&2      LF side touch, LF closed RF and weight change to LF, RF side touch  
3-4      RF backward rock, LF recover and RF flick to backward  
5-8      RF forward, LF forward, RF side touch, 1/4 turn to L with RF side touch

## SECTION 2: SAILOR STEP, SAILOR STEP, WEAVE, 1/4 TURN TO R WITH FLICK

1&2      RF cross behind LF, LF side rock, RF recover  
3&4      LF cross behind RF, RF side rock, LF recover  
5&6      RF cross behind LF, LF side, RF cross over LF  
7-8      LF side, 1/4 turn to R with LF flick and weight change to RF

\* Restart here \*

## SECTION 3: HIP BUMP, STEP, HIP BUMP, STEP, FORWARD TOUCH, REPLACE, FORWARD TOUCH, REPLACE, FORWARD TOUCH AND BACKWARD, BOTH KNEE STRAIGHT AND PUSH HIP TO BACKWARD

1&2      LF forward touch and L hip bump, weight change to RF, LF forward  
3&4      RF forward touch and R hip bump, weight change to LF, RF forward  
5&6&      LF forward toe touch(using a inside edge), LF closed RF with weight change, RF forward toe touch(using a inside edge), RF closed LF with weight change  
7-8      LF forward toe touch(using a inside edge) and RF backward, both knees straight and strongly push the hip to backward

## SECTION 4: COASTER STEP, FORWARD SHUFFLE, FORWARD ROCK, 1/4 TURN TO L WITH RECOVER, 1/4 TURN TO L WITH FORWARD, 1/4 TURN TO L WITH SIDE, TOUCH

1&2      LF backward, RF closed LF, LF forward  
3&4      RF forward, LF half closed RF, RF forward  
5&6      LF forward rock, 1/4 turn to L with RF recover, 1/4 turn to L with LF forward  
7-8      1/4 turn to L with RF side, LF toe touch beside RF

RESTARTS: On the 2nd, 5th, 8th walls, you should dance until 16 counts, and Start again

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<http://www.youtube.com/user/thetrianglelinedance>

<https://www.facebook.com/christina.yang.148553>