

# No Excuses Ez Cha

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Val Saari (CAN) - March 2018  
音乐: 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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