

No Excuses

拍数: 32 墙数: 4 级数:
编舞者: Andrina K Faulds (SCO) - March 2018
音乐: No Excuses - Meghan Trainor



Details: No Tags, Restarts

Count in: 16

Section 1: Step right scuff left cross step down, ¼ left stepping back right left, step forward right, left shuffle forward

1,2,3 Step right foot to right side (1), scuff left foot over right (2), step down left (3)
4,5,6 Step back right foot making ¼ left (4), step left next to right (5), step forward right (6)
7&8 Step forward on left foot (6), Close right foot besides left (&), Step forward on left foot (7)

Section 2: Right rock recover, full turn back over right shoulder (walk back right left), step back right and drag left together ball step right and step forward left

1-2 Rock forward on right foot (1), Rocking back onto left foot (2)
3-4 Making full turn over right shoulder step back right (3), step back left (4)
5-6 Step back right (5), drag left foot next to right (6)
&7-8 Change weight on to left foot (&), walk forward right (7), walk forward left (8)

Section 3: Walk forward right and left, touch and unwind a half turn over right shoulder, right kickball step, step left and point

1-2 Walk forward right (1), walk forward left (2)
3-4 Touch right toe behind left (3), unwind ½ turn over right shoulder (keep weight on left foot)
5&6 Kick right foot forward (5), Step right in place (&), Quickly step left forward (6)
7-8 Step forward right (7), point left toe to left side (8)

Section 4: Point left toe in front, side and switch weight to right, point right back and step down, point left toe to left side and switch weight to right, bring right toe in next to left (keep weight on left)

1-2 Point left toe in front of right (1), point left toe to left side (2)
&3-4 Bring left foot in beside right (&), point right toe to right side (3), point right toe behind left foot (4)
5 Step down on right foot (5)
6&7 Point left toe to left side (6), bring left foot in beside right (&), point right toe to right side (7)
8 Touch right toe in next to left (keep weight on left) (8)

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