

Excuses

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Myra Harrold (SCO) - January 2019
音乐: Excuses (Kia Love Remix) - Olly Murs & Kia Love : (Single)



INTRO: 4 COUNTS

S1: WALK FWD R,L,ANCHOR STEP,TURN 1/2,L FWD,SIDE R,BEHIND SIDE CROSS

1,2,3&4 Walk Fwd Rf,Lf,Rock Rf Behind Lf,Transfer Weight To Lf,Step Rf Back (12)
5,6,7&8 Pivot 1/2 L,Lf Fwd,Step Rf To R,Step Lf Behind Rf,Step Rf To R,Cross Lf Over Rf (6)

S2: &TOUCH,HOLD & TOUCH & TOUCH,KICK BALL CROSS,TURN 1/4,TURN 1/2

&1,2&3&4 Step Rf To R(&)Touch L Toe To Rf(1)Hold(2)Step Lf To L(&)Touch R Toe To Lf(3)Step Rf To
R(&)Touch L Toe To Rf(4) (6)
5&6,7,8 L Kick,Step Lf To L,Cross Rf Over Lf,Pivot 1/4 R,Lf Back,Pivot 1/2 R,Rf Fwd (3)

S3: L DOROTHY ,R DOROTHY,CROSS ROCK,CHASSE L

1,2&3,4& Lf Diagonal L,Lock Rf Behind,Lf Diagonal,Rf Diagonal R,Lock Lf Behind,Rf Diagonal (3)
5,6,7&8 Cross Rock Lf Over Rf,Recover On Rf,Lf To L,Close Rf To Lf,Lf To L (3)

S4: CROSS ROCK,CHASSE 1/4 R,ROCKING CHAIR,STEP FWD,PIVOT 1/2

1,2,3&4 Cross Rock Rf Over Lf,Recover On Lf,Rf To R,Close Lf To Rf,Turn 1/4 R,Rf Fwd (6)
5&6&7,8 Rock Lf Fwd,Recover On Rf,Rock Lf Back,Recover On Rf, Lf Fwd,Pivot 1/2 R,Step On Rf
(12)

*** Restart Here Walls 3 & 5 ***

S5: SIDE, R SAILOR,STEP L,BEHIND,1/4 TURN,WALK,WALK,FULL SPIRAL TURN

1,2&3,4 Lf To L,Step Rf Behind Lf,Lf To L,Rf Rock/Sway To R,Recover/Sway To Lf (12)
5,6,7,8 Step Rf Behind Lf,Turn 1/4 L,Lf Fwd,Rf Fwd, Full Spiral Turn (9)

S6: WALK L,R,L,TOUCH,SHUFFLE BACK,TURN 1/2,1/4

1,2,3,4 Walk Fwd Lf,Rf,Lf,Touch R Toe Behind Rf (9)
5&6,7,8 Rf Back,Close Lf To Rf,Rf Back,Pivot 1/2 L,Lf Fwd,Pivot 1/4 L,Rf To R Side (12)

S7: ROCK BACK,RECOVER,FWD,POINT,BACK,POINT,SWITCH POINT,1/2 MONTERAY

12,3,4 Rock Lf Back,Recover On Rf,Lf Fwd Point R Toe To R (12)
5,6&7,8 Rf Back Point L Toe To L,Close Lf To Rf,Point R Toe To R,Pivot 1/2 R,Close Rf To Lf (6)

S8: L CROSS ROCK,R CROSS ROCK,FWD LF,PIVOT 1/2 R,MAMBO 1/2 L

1,2&3,4& Rock Lf Over Rf,Recover On Rf, Lf To L,Rock Rf Over Lf,Recover On Lf, Rf To R (6)
5,6,7&8 Lf Fwd,Pivot 1/2 R,Step On Rf,Rock Lf Fwd,Recover On Rf,Turn 1/2 L,Lf Fwd (6)

Restarts- On Walls 3 & 5 At The End Of Section 4,Replace Count 8 With R Toe Touch To Lf After The 1/2 Pivot.

*1st Restart At 12 O.Clock

**2nd Restart At 6 O.Clock

Cheers To Angela Irvine For The Music Suggestion