

No Excuses

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Bloodshot Eyes - Pat Benatar



FORWARD STEP CLAPS AT 45 DEGREE ANGLES (RIGHT, LEFT, RIGHT, LEFT)

- 1-2 Step forward on right foot at 45 degree angle, clap
- 3-4 Step forward on left foot at 45 degree angle, clap
- 5-6 Step forward on right foot at 45 degree angle, clap
- 7-8 Step forward on left foot at 45 degree angle, clap

Body will face 45 degree angles as well

RUNNING MAN, STEP TOUCH

- 9-10 Step forward right, scoot back on right
- 11-12 Step forward left, scoot back on left
- 13-14 Step forward right, scoot back on right
- 15 Step down on left foot
- 16 Touch right toe down keeping your weight on your left foot

For those having trouble with the running man steps, you may substitute knee rolls forward to back with the knee facing outward. (right, left, right).

CROSS, UNWIND, STEP FORWARD RIGHT, LEFT

- 17-18 Cross right over left, hold
- 19-20 Unwind ½ turn left, hold (maintain weight to left)
- 21-22 Touch right toe forward, step down on right
- 23-24 Touch left toe forward, touch left heel forward

CROSS, UNWIND, STEP FORWARD RIGHT, LEFT

- 25-26 Cross left over right
- 27-28 Unwind one half turn to the right (keeping on the balls of your feet)
- 29-30 Step right foot forward (step down toe, heel)
- 31-32 Step left foot forward, (step down toe heel)

HEELS LEFT, TOES LEFT, HEELS LEFT, TOES C, FLICK LEFT AND STOMP

- 33-34 Swivel heels left, swivel toes left
- 35-36 Swivel heels left, swivel toes center
- 37-38 Lift left foot up, flick to the left
- 39-40 Step down on left foot, step down on right foot

HEELS RIGHT, TOES RIGHT, HEELS RIGHT, TOES CENTER, FLICK RIGHT QUARTER STOMP

- 41-42 Swivel heels right, swivel toes right
- 43-44 Swivel heels right, swivel toes center
- 45-46 Lift right foot up, flick to the right and quarter turn to the right
- 47-48 Step down on right foot, step down on left foot

RIGHT POINT, LEFT POINT, CROSS AND STEP

- 49-50 Point right toe to right side (keeping weight on left foot), hold
- 51-52 Transfer weight and point left toe to left side and step right back in place (transferring weight to right foot)
- 52 Hold
- 53-54 Cross left over right, hold
- 55-56 Step right foot in place, hold

LEFT POINT, RIGHT POINT, CROSS AND TURN

- 57-58 Point left toe to left side (keeping weight on right foot), hold
- 59 Transfer weight and point right toe to right side and step left back in place (transferring weight to left foot)
- 60 Hold
- 61-62 Cross right over left, hold
- 63-64 Unwind one half turn to the left, hold

REPEAT
