

# No Excuses

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Mark Cosenza (USA)  
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**

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