

# No More Excuses

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Mark Cosenza (USA)  
音乐: Bloodshot Eyes - Pat Benatar



## FORWARD SKATES RIGHT AND LEFT, FORWARD SKATES RIGHT, LEFT, RIGHT, LEFT

- 1-2 Skate forward right and hold right hand up (head level) palm in and snap, hold
- 3-4 Skate forward left and swing right hand down (waist level) palm in and snap
- 5-8 Skate forward right, left, right, left and wave right hand as you swing it up

## CHARLESTON STEPS, RIGHT LEADING

- 1-4 Touch right forward, hold, swing right back and step, hold
- 5-8 Swing back left and touch, hold, swing left forward and step, hold

## PIVOT, HEEL STEP, PIVOT, HEEL STEP, TOUCH TOE, HEEL, CROSS

- 1-2 Turning  $\frac{1}{4}$  left, touch right heel forward, turning  $\frac{1}{4}$  left, step down on right
- 3-4 Touch left heel forward, step down on left
- 5-6 Touch right toe back with knee inward, touch right heel forward with knee outward
- 7-8 Cross right over left, hold

## CHARLESTON STEPS, LEFT LEADING

- 1-4 Touch left forward, hold, swing left back and step, hold
- 5-8 Swing back right and touch, hold, swing right forward and step, hold

## LEFT KNEE SWIVELS, HEEL TOES SWIVELS DIAGONAL LEFT

- 1-4 Touch on ball of left forward and swing knee inward, swing knee outward, swing knee inward, swing knee outward
- 5 Face diagonal right and step left together with right
- 6-8 Continuing diagonal left, swivel heels left, toes left, heels left

## CIRCLE WALK AND SNAPS

- 1-4 Walking in a circle to the right: step right  $\frac{1}{4}$  right, snap, right, step left  $\frac{1}{4}$  right
- 5-8 Repeat counts one through four (completing the circle)

## POINT, HOLD, STEP, HOLD, CROSS & POINT

- 1-2 Point right side right, hold
- &3-4 Step down on right, point left side left, hold
- 5-8 Cross left over right, hold, point right side right, hold

## JAZZ BOX, BUMP HIPS AND SNAP TWICE

- 1-4 Cross right over left, step back left, step right next to left, step left forward
- 5-8 Bump hips right and snap, bump hips left, bump hips right and snap, bump hips left

## REPEAT

The song ends on count 16. Place left heel forward and put arms up