

# No Excuses

**COPPER KNOB**  
STEPPERS

拍數: 48                      牆數: 4                      級數: Easy Intermediate  
編舞者: Anne Herd (AUS) - February 2015  
音樂: Your Mama Don't Dance - Loggins & Messina : (CD: The Best: Loggins & Messina, Sittin'In Again - iTunes)



**Intro: Start on lyrics 32 beats in, weight on left – Turning CW (No Tags/Restarts)**

## **S1: FORWARD TOUCH, BACK TOUCH, BACK TOUCH FORWARD TOUCH**

**Slightly on the diagonals**

1-2-3-4                      Step forward on R Touch L beside R, Step back on L, Touch R beside L

5-6-7-8                      Step back on R, Touch L beside R, Step forward on L, Touch R beside L

**(Clap on counts 2-4-6-8)**

## **S2: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH**

1-2-3-4                      Touch R to side, Touch L beside R, Touch R to side, Touch L beside R

5-6-7-8                      Step R to side, Touch L beside R, Step L to side, Touch R beside L

## **S3: VINE RIGHT, VINE LEFT ¼ TURN**

1-2-3-4                      Step R to side, Cross L behind R, Step R to side, Touch L beside R

5-6-7-8                      Step L to side, Cross R behind L, Turn ¼ I, Touch R beside L

## **S4: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH**

1-2-3-4                      Touch R to side, Touch L beside R, Touch R to side, Touch L beside R

5-6-7-8                      Step R to side, Touch L beside R, Step L to side, Touch R beside L

## **S5: STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF**

1-2-3-4                      Step forward on R, Lock L behind R, Step forward on R, Scuff L forward

5-6-7-8                      Step forward on L, Lock R behind L, Step forward on L, Scuff R forward

## **S6: PIVOT ½, WALK FORWARD, HEEL TOE SWIVELS,**

1-2-3-4                      Step forward on R, Pivot ½ L, Walk forward stepping R L

5-6-7-8                      Swivel R heel in towards L, Swivel R toe in towards L, Swivel R heel in towards L, Touch R beside L

**[48]**

**Begin dance again**

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