

No Excuses

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Julia Wetzel (USA) - March 2018
音樂: No Excuses - Meghan Trainor : (2:32)



Intro: 16 counts, start on vocals (8 sec. into track)

[1 – 8] Kick, Ball, Cross, Side, Behind, ¼ Shuffle, Step, ½ Pivot

1&2 Kick R fw to right diag. (1), Step ball of R next to L (&), Cross L over R (2) 12:00
3, 4 Step R to right side (3), Step L behind R (4) 12:00
5&6 ¼ Turn right step R fw (5), Step L next to R (&), Step R fw (6) 3:00
7, 8 Step L fw (7), Pivot ½ turn right step R fw (8) 9:00

[9 – 16] Shuffle, Full Turn, Rocking Chair

1&2 Step L fw (1), Step R next to L (&), Step L fw (2) 9:00
3, 4 ½ Turn left step R back (3), ½ Turn left step L fw (4)

Non-Turning Option: Walk R L 9:00

5 - 8 Rock R fw (5), Recover on L (6), Rock R back (7), Recover on L (8) 9:00

[17- 24] Hip Bumps, ¼ Coaster, Walk, Walk, English Cross

1&2 Step R fw to right diag. and bump hip right (1), Hip to center (&), Bump hip right place weight on R (2) 9:00
3&4 ¼ Turn left sweeping L to back and step L back (3), Step R next to L (&), Step L slightly fw (4) 6:00
5, 6& Step R fw (5), Step L fw (6), ¼ Turn left sm. step R to right side (&) 3:00
7, 8 Cross L over R (7), ¼ Turn right step R fw (8) 6:00

[25 – 32] Mambo ½, ½ Shuffle, BodyRoll & Body Roll/Toe Strut & Toe Strut, Touch

1&2 Rock L fw (1), Recover on R (&), ½ Turn left step L fw (2) 12:00
3&4 ¼ Turn left step R to right side (3), Step L next to R (&), ¼ Turn left step R back (4)

Non-Turning Option: L Mambo (1&2), Back Shuffle R L R (3&4) 6:00

5, 6& Touch ball of L back (5), Step L heel down (6), Step R next to L (&)

Styling: Roll body back from top down over 2 counts (5-6) 6:00

7, 8 Touch ball of L back (7), Step L heel down and touch R next to L (8)

Styling: Roll body back from top down over 2 counts (7-8)

Optional: Clap on count 8 when she sings "Huh!" on Wall 2, 4, 6 facing 12:00 6:00

Tag At the end of Walls 1, 3, 5 (or every time the dance ends at 6:00) do the following 16 counts

[1 – 8] Slow Prissy Walk R L, ¼ Pivot, Cross, Hold

1 - 4 Step R fw slightly cross L (1), Hold (2), Step L fw slightly cross R (3), Hold (4) 6:00
5 - 8 Step R fw (5), Pivot ¼ turn left step L to left side (6), Cross R over L (7), Hold (8) 3:00

[9 – 16] ¼ Back, Hold, Back, Hold, Side Rock, Cross, Shimmy

1 - 4 ¼ Turn right step L back (1), Hold (2), Step R back (3), Hold (4) 6:00
5 - 8 Rock L to left side (5), Recover on R (6), Cross L over R (7), Shimmy/Shake shoulders once when she sings "Huh!" (8) 6:00

Ending On Wall 7 dance up to Count 28 facing 6:00 then ½ Turn left shuffle L R L (5&6) to face 12:00, Step R fw to right diag. (7), Clap (8)

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