

# Your Momma Raised Ya (aka No Excuses)

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Improver  
編舞者: Keith Stewart (N.IRE) - March 2018  
音樂: No Excuses - Meghan Trainor



## SECTION ONE – RIGHT & LEFT SIDE ROCK BEHIND SIDE CROSS.

1-2                      Rock Right Foot To Right Side, Recover Onto Left Foot In Place  
3&4                      Step Right Foot Behind Left, Step Left Foot To Left Side, Step Right Foot Across Left  
5-6                      Rock Left Foot To Left Side, Recover Onto Right Foot In Place  
7&8                      Step Left Foot Behind Right, Step Right Foot To Right Side, Step Left Foot Across Right

## SECTION TWO – RIGHT & LEFT HITCH & POINTS, RIGHT & LEFT HIP ROLLS.

9&10                      Hitch Right Knee Up, Step Right Foot In Place, Point Left Foot To Left Side.  
11&12                      Hitch Left Knee Up, Step Left Foot In Place, Point Right Foot To Right Side.  
13-14                      Roll Hips From Left To Right Counterclockwise, Taking Weight Onto Right Foot.  
15-16                      Roll Hips From Right To Left Clockwise, Taking Weight Onto Left Foot.

## SECTION THREE – RIGHT & LEFT ROCKING CHAIR WITH CROSS & POINTS.

17&18&                      Rock Right Foot Across Left (To 10:30), Recover Onto Left Foot In Place, Rock Right Foot Back (To 4:30), Recover Weight Onto Left Foot In Place.  
19&20                      Step Right Foot Across Left, Touch Left Toe Beside Right, Flick Left Foot Back (To 7:30).  
21&22&                      Rock Left Foot Across Right (To 1:30), Recover Onto Right Foot In Place, Rock Left Foot Back (To 7:30), Recover Onto Right Foot In Place.  
23&24                      Step Left Foot Across Right, Touch Right Toe Beside Left Foot, Flick Right Back (To 4:30)

## SECTION FOUR –RIGHT TURNING JAZZ BOX, FULL TURN LEFT TRAVELLING FORWARD, WALK RIGHT LEFT.

25                      Step Right Foot Across Left.  
26-27                      Make A ½ Turn Over Right Shoulder, Stepping Back ¼ Turn Right On Left Foot, Making A Further ¼ Turn Right Stepping Right To Right Side.  
28                      Stepleft Foot Forward  
29-30                      Make A ½ Turn Left Stepping Back On Right Foot, Make A Further ½ Turn Left (Completing A Full Turn Left Travelling Forward) By Stepping Forward On Left Foot.  
31-32                      Walk Forward Right, Left.

## END OF DANCE!!!

## TAG – 16 COUNTS, COMES IN AFTER EVERY WALL FACING THE FRONT, I.E. WALLS 1,3 & 5.

1-4                      Step Forward Right(1), Hold(2), Step Forward Left(3), Hold(4)  
5-8                      Step Forward Right Foot (5), Pivot ½ Turn Left, Taking Weight Onto Left Foot (6), Walk Forward Right (7) Left (8)  
9-12                      Step Forward Right(9), Hold (10), Step Forward Left (11), Hold (12)  
13-14                      Step Forward Right Foot(13), Pivot ½ Turn Left, Taking Weight Onto Left Foot(14)  
15-16                      Make A Full Turn Left, Either By Making A ½ Turn Left Stepping Back On Right Foot(15), And A Further ½ Turn Left Stepping Forward On Left Foot (16)

## OR STEP FORWARD ON RIGHT FOOT, AND MAKE A FULL SPIRAL TURN LEFT(15), FINISHING BY STEPPING FORWARD ON LEFT FOOT (16)(MY FAVOURITE PERSONALLY, STYLING WISE)

Please Enjoy This Dance, And Special Thanks To Imelda, Without Whose Input This Dance Would Have Been A Lot More Complicated And Potentially Much Less Enjoyable!!!

ANY QUERIES, PLEASE DON'T HESITATE TO CONTACT ME ON [KAYSTEW@HOTMAIL.COM](mailto:KAYSTEW@HOTMAIL.COM)

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