

No Excuses Ez Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Val Saari (CAN) - March 2018
音樂: No Excuses - Meghan Trainor : (iTunes)



RF ROCKING CHAIR X 2

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 Rock RF forward, Recover Left
7-8 Rock RF back, Recover Left

RUMBA BOX

1,2,3&4 Step RF to right, Step LF together, Step RF back, Step LF together, Step RF beside Left
5,6,7&8 Step LF to Left, Step RF together, Step LF forward, Step RF together, Step LF beside Right

RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 Rock RF forward pivot 1/4 R, Recover Left
7-8 Rock RF back, Recover Left

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

REPEAT, ENJOY!
