

# No Excuses

COPPERKNOB  
BY STEPHEN BENT

拍數: 48      牆數: 2      級數: Phrased Intermediate  
編舞者: Craig Bennett (UK) & Dee Musk (UK) - March 2018  
音樂: No Excuses - Meghan Trainor : (Single)



#16 Count Intro. Approx 8 seconds - Track approx 2 mins 33 secs - BPM 116.

Sequence: A,B,A, A,B,A, A,B,A, A.

Track available from [iTunes.co.uk](https://www.itunes.co.uk)

## Part A (Two Wall).

**A1: L Heel Grind, Ball, R Heel Grind, Ball, Cross, Back, Ball, Walk R, L.**

1,2&      Grind L heel, recover weight to R, step L beside R.  
3,4&      Grind R heel, recover weight to L, step R beside L.  
5,6      Cross L over R, step back on R.  
&7,8      Step L beside R, walk forward R, walk forward L. (12 o'clock).

**A2: R Kick & Point, Kick ¼ Turn L, Point, Sailor ½ Turn Cross R, Side, Touch Behind.**

1&2      Kick R forward, step R beside L, point L to L side.  
3&4      Kick L forward, make ¼ turn L stepping L beside R, point R to R side.  
5&6      Cross step R behind L, make ½ turn R stepping L to L side, cross R over L.  
7,8      Step L to L side, touch R toe behind L. (3 o'clock).

**A3: Side, Cross, ¼ Turn L, Side, Cross, ¼ Turn L, Rock Forward R, Recover, Ball, Rock Forward L, Recover.**

1&2      Step R to R side, cross L over R, make ¼ turn L stepping back on R.  
3&4      Step L to L side, cross R over L, make ¼ turn L stepping forward on L.  
5,6&      Rock forward on R, recover weight to L, step R beside L.  
7,8      Rock forward on L, recover weight to R. (9 o'clock).

**A4: Walk Back L, Walk Back R, L Coaster Step, Step Forward, ½ Turn R, ¼ Turn R, Heel Lift.**

1,2      Walk back L, walk back R.  
3&4      Step back on L, step R beside L, step forward on L.  
5,6      Step forward on R, make ½ turn R stepping back on L.  
7&8      Make ¼ turn R stepping R to R side, lift both heels up, then down. (6 o'clock).

**Note: When dancing Part A next, weight must end on R. When dancing Part B next, weight must end on L.**

## Part B (One Wall - always facing 6 o'clock).

**B1: Cross, Sweep, Cross, Side, Behind, Sweep, Behind, Side.**

1,2      Cross R over L, sweep L from behind to in front of R.  
3,4      Cross L over R, step R to R side.  
5,6      Cross step L behind R, sweep R to behind L.  
7,8      Cross step R behind L, step L to L side.

**B2: Rock, Recover, ½ Turn R, Rock, Recover, ½ Turn L, Kick & Point.**

1-3      Rock forward on R, recover weight to L, make ½ turn R stepping forward on R.  
4-6      Rock forward on L, recover weight to R, make ½ turn L stepping forward on L.  
7&8      Kick R forward, step R beside L, point L to L side.

**Optional Ending: On the last (Part A) - Dance up to and including count 7 of Section 4 – then.....  
Make ½ turn R stepping L to L side. Ta Dah!!!**

We hope you Enjoy

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