

# No Apologies

拍數: 48      牆數: 4      級數: Improver / Intermediate  
編舞者: Sue Demitropoulos (CAN) - April 2018  
音樂: This Is Me - Keala Settle : (Album: The Greatest Showman soundtrack)



**Start: 16 counts, on vocals**

**[1-8] Walk R-L, 1/2 chase turn L, walk L-R, 1/2 chase turn R**

1-2            Walk forward right, walk forward left  
2&3           Step right forward, make 1/2 turn left stepping left forward, step right forward  
5-6           Walk left forward, walk right forward  
7&8           Step left forward, make 1/2 turn right stepping right forward, step left forward (12:00)

**[9-16] R side rock-cross, L side rock-cross, 1/2 hinge turn L, R cross shuffle**

1&2           Rock right to right side, recover to left, cross right over left  
3&4           Rock left to left side, recover to right, cross left over right  
5-6           Make 1/4 turn left stepping right back, make 1/4 turn left stepping left to left side  
7&8           Cross right over left, step left to left side, cross right over left (6:00)

**[17-24] 1/4R, R drag, R kick-ball-step, stomp R-L, in heel-toe-heel**

1-2           Make 1/4 turn right stepping left back, drag right in towards left and touch beside left  
3&4           Kick right forward, step right in place, step left forward  
5-6           Stomp right to right side, stomp left to left side  
7&8           Bring both heels in toward centre, bring both toes in towards centre, bring both heels in toward centre with weight ending up left (9:00)

**Restart on wall 3; Tag on wall 7**

**[25-32] R jazz box 1/4 turn, R fwd mambo, L back mambo**

1-2-3-4       Cross right over left, step left back, make 1/4 turn right stepping right to right side, step left forward  
5&6           Rock right forward, recover to left, step right back  
7&8           Rock left back, recover to right, step left forward (12:00)

**[33-40] R jazz box 1/4 turn, R fwd mambo, L back mambo**

1-2-3-4       Cross right over left, step left back, make 1/4 turn right stepping right to right side, step left forward  
5&6           Rock right forward, recover to left, step right back  
7&8           Rock left back, recover to right, step left forward (3:00)

**[41-48] R fwd rock, together, L fwd rock, step back L, R touch, R kick-ball-step**

1-2&          Rock right forward, recover to left, step right beside left  
3-4           Rock left forward, recover to right  
5-6           Step back left, touch right beside left  
7&8           Kick right forward, step right in place, step left forward (3:00)

**Begin again! You are glorious!!**

**Tag 1: after wall 1 (3:00)**

**Step right out to right side and raise arms up for 4 counts (1-2-3-4)**

**Restart: on wall 3 (3:00)**

**Tag 2: on wall 7 (9:00)—music becomes quieter**

**Stomp right forward keeping weight left, hold (1-2)**

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