

No Excuses

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Roger (leftfoot) Hunter (USA) - July 2018
音樂: No Excuses - Meghan Trainor



#16 ct. intro

Sec-1) Scissor R, Scissor L, Vine R.

1&2-3&4 step R to side, step L slightly R, cross R over L. Step L to side, step R slightly L, cross L over R.
5-8 step R to R, step L behind R, step R to R, touch L next to R.

Sec-2) Step ½ Turn L, Behind Side Cross, Step Touch x2

1-2 3&4 step L 1/4, step R ¼, step L behind R, step R to R, cross L over R.
5-8 Step R to R, touch L next to R, step L to L, touch R next to L

Sec-3) Step ½ turn R, Behind Side Cross, Step Touch x2

1-2 3&4 step R 1/4, step L ¼, step R behind L, step L to L, cross R over L.
5-8 Step L to L, touch R next to L, step R to R, touch L next to R

Sec-4) Side Rock, Cross ¼ Turn, Coaster step, Walk, Walk

1-4 Step L to side, recover on R, cross L over R, step R making ¼ turn L
5&6 7,8 Step L behind R, step R slightly back, step L forward, Step R forward, step L forward.

TAG* (Tag on 1st, 3rd and 5th walls)

Jazz Box, Jazz Box ¼ turn Right.

1-4 Step R cross L, step L back, Step R to R, step L next to R
5-8 Step R cross L, step L back, Step R ¼ turn to R, step L next to R

Walk, Walk, Rocking Chair**, Walk, Walk .

1-4 Step R forward, step L forward, step(rock)R forward, recover on L,
5-8 Step(rock)back on R, recover on L, step R forward, step L forward.

**(May substitute step ½ turn x2 for rocking chair)

Contact: rogerleftfoot@gmail.com