

No Excuses

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Betsy Fischer (USA) - June 2018
音樂: No Excuses - Meghan Trainor



#16 Count Intro

(1-8) Vaudeville Left, Step Left over Right, Step Right, Left Sailor Step ¼ Turn

1, 2 Start with Weight on Left - Step Right over left, Step Left to the left side 12:00
3&4 Step Right behind Left (3) Step Left to the left side (&) Present the Left Heel (4) 12:00
&5,6 Step Right to right side (&) Step Left over right (5) Step Right to the right side 12:00
7&8 Left Sailor step – Step Left behind right (7) Step Right to the right side (&) Step Left (8) 9:00

(9-16) Wizard Steps (x2) Right Heel Toe, Step Right Turn ½ Left, Kick Left Forward

1,2& Step forward Right (1) Step Left behind Right (2) Step Right Forward (&)
3,4& Step forward Left (3) Step Right behind Left (4) Step Left Forward (&)
5, 6 Touch Right Heel Forward (5) Touch Right Toe back (6)
7&8 Step forward on Right (7) Turning ½ turning Left (&) Kick Left Foot forward (8)

(17-24) Sailor Steps (x2) Rock Forward Left Recover, Left Coaster Step

1 & 2 Left Sailor – Step Left behind right, step right to the right side, Step Left
3 & 4 Right Sailor – Step Right behind Left, Step Left to the left side, Step Right
5, 6 Rock forward on Left, Recover weight back on Right foot
7&8 Step back on Left, Step Right together, Step Left foot forward

(25-32) Right Knee Roll, Left Knee Roll, Step Right Out, Out, In, In

1&2 Touch Right toe forward (1) Roll Right Knee forward to the Right (&) Roll back taking weight (2)
3&4 Touch Left toe forward (3) Roll Left Knee forward to the Left (&) Roll back taking weight (4)
5, 6 Step Right foot out taking weight, Step Left foot Out taking weight
7, 8 Step Right foot in taking weight, Step Left foot in taking weight

To finish the dance facing the front wall: On the 9th Wall (3rd time facing 12 o'clock) when you dance "Heel Toe, Step Turn Kick" turn ¾ left to face the front wall.

No Tags, No Restarts – Enjoy, you have No Excuses

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