

No Excuses

拍數: 72 牆數: 2 級數: Phrased Intermediate
編舞者: Heejin Kim (KOR) & Hie kyung Choo (KOR) - April 2021
音樂: No Excuses - Meghan Trainor



Sequence : A,B,C, A,B,C, A,B,C, C

* A-32 count

[1 - 8] LOCK STEP ×2, SCUFF, OUT, HEEL SWIVEL IN ×5

1&2& RF Step diagonal forward R(1), LF Cross behind(&), RF Step diagonal forward R(2), LF Step diagonal forward L(&)
3&4& RF Cross behind(3), LF Step diagonal forward L(&), RF Scuff forward(4), RF Step R(&)
5&6& LF Step L(5), RF Swivel heel in(&), RF Step place(6), LF Swivel heel in(&)
7&8 LF Step place with RF Swivel heel in(7), RF Step place with LF Swivel heel in(&), LF Step place with RF Swivel heel in(8)

[9-16] SAILOR STEP×2, 1/2 TURN L, SCUFF, HITCH 1/2 TURN L, TOUCH

1&2 RF Cross behind(1), LF Step L(&), RF Step R(2)
3&4 LF Cross behind(3), RF Step R(&), LF Step L(4)
5 6 RF Step forward(5), LF 1/2 Turn L Step forward(6)
7&8 RF Scuff forward(7), RF 1/2 Turn L Hitch(&), RF Touch together(8)

[17-24] SIDE POINT ×2, HEEL ×2, BACK TOE STRUT ×2, COASTER STEP

1&2& RF Touch R(1), RF Step together(&), LF Touch L(2), LF Step together(&)
3&4& RF Heel forward(3), RF Step together(&), LF Heel forward(4), LF Step together(&)
5&6& RF Touch backward(5), RF Step place(&), LF Touch backward(6), LF Step place(&)
7&8 RF Step backward(7), LF Step together(&), RF Step forward(8)

[25-32] STEP PIVOT 1/2 TURN×2, WALK, WALK, BACK FULL TURN R

1 2 LF Step forward(1), RF Step forward(2)
3 4 LF 1/2 Turn L Step forward(3), RF Step forward(4)
5 6 LF 1/2 Turn L Step forward(5), RF Step forward(6)
7 8 LF Step forward(7), LF Full turn R back with weight LF and RF together(8)

* B-8 count

[1-8] NIGHT CLUB BASIC R&L, SWEEP 1/2 TURN R, CROSS, SIDE, BACK SWEEP, BEHIND, SIDE

12& RF Step R(1), LF Step behind(2), RF Cross over(&)
34& LF Step L(3), RF Step behind(4), LF Cross over(&)
56& RF 1/4 Turn R Step forward with LF 1/4 Turn L Sweep forward(5), LF Cross over(6), RF Step R(&)
78& LF Step backward with RF Sweep backward(7), RF Cross behind(8), LF Step L(&)

* C-32 count

[1-8] HOP FORWARD ×2, STEP HELL SWIVEL L&R 1/2 TURN L, ANCHOR STEP, BODY ROLL

1 2 RF Hop forward(1), LF Hop forward(2)
3&4 RF Step forward(3), LF 1/4 Turn L Toe swivel with heel in(&), RF 1/4 Turn L Toe swivel with heel out(4)
5&6 LF Cross behind(5), RF Step place(&), LF Step place(6)
7 8 Start Body roll, Finish Body roll

[9-16] REPEAT 1-8

1 2 RF Hop forward(1), LF Hop forward(2)

3&4 RF Step forward(3), LF 1/4 Turn L Toe swivel with heel in(&), RF 1/4 Turn L Toe swivel with heel out(4)
5&6 LF Cross behind(5), RF Step place(&), LF Step place(6)
7 8 Start Body roll, Finish Body roll

[17-24] HOP FORWARD ×2, STEP HELL SWIVEL L&R 1/2 TURN L, ANCHOR STEP, SIDE POINT

1 2 RF Hop forward(1), LF Hop forward(2)
3&4 RF Step forward(3), LF 1/4 Turn L Toe swivel with heel in(&), RF 1/4 Turn L Toe swivel with heel out(4)
5&6 LF Cross behind(5), RF Step place(&), LF Step place(6)
7&8& RF Touch R(7), RF Step together(&), LF Touch L(8), LF Step together(&)

[25-32] HEEL ×2, STEP SWIVEL, WALKING 1/8 TURN R ×4

1&2& RF Heel forward(1), RF Step together(&), LF Heel forward(2), LF Step together(&)
3&4 RF Step forward(3), BF Swivel heel out(&), BF Swivel heel in(4)
5 6 RF 1/8 Turn R Step forward(5), LF 1/8 Turn R Step forward(6)
7 8 RF 1/8 Turn R Step forward(7), LF 1/8 Turn R Step forward(8) (6:00)

Dance is love
