

Wild Excuses

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sadiah Heggernes (NOR/UK) - August 2021
音樂: Excuses (feat. Kate Wild) - Mentis : (iTunes)



#32 Count Intro - No Tags/Restarts

S1: Side, Touch, Ball Cross, Side, Cross Rock, Chasse ¼ Turn R

1-2 Step R to R side. Touch L beside R
&3-4 Step ball of L beside R. Cross R over L. Step L to L side
5-6 Cross rock R over L. Recover onto L
7&8 Step R to R side Cose L beside R. ¼ turn R. Step forward on R

S2: Rock Forward, Shuffle Back, Rock Back, Shuffle Forward

1-2 Rock forward on L. Recover onto R
3&4 Step back on L. Step R beside L. Step back on L
5-6 Rock back on R. Recover onto L
7&8 Step forward on R. Step L beside R. Step forward on R

S3: Forward Rock & Back Rock, Step, ½ Pivot L Walk Forward

1-2 Rock forward on L. Recover onto R.
&3-4 Step L beside R. Rock back on R to Recover onto L.
5-6 Step forward on R. ½ pivot L. - 9.00
7-8 Walk forward R-L

S4: R Dorothy, L Dorothy, Jazz Box ¼ Turn R

1-2& Step R forward on R diagonal. Lock L behind R. Step forward on R
3-4& Step L forward on L diagonal. Lock R behind L. Step forward on L
5-6 Cross R over L. Step back on L.
7-8 ¼ turn R. Step R to R side. Step forward on L - 12.00

S5: Mambo ½ Turn R, ½ Turn L, Rock Back

1,2,3 Rock forward on R. Recover onto L. ½ turn R. Step forward on R - 6.00
4,5,6 Step forward on L. ½ turn L. Step back on R. Step back on L - 12.00
7-8 Rock back on R. Recover onto L

S6: Mambo ¼ Turn R, Cross, Step Back, Side, Cross Rock

1-2 Rock forward on R. Recover onto L.
3-4 ¼ turn R. Step R to R side Cross L over R - 3.00
5-6 Step back on R. Step L to L side
7-8 Cross rock R over L. Recover onto L.

S7: Side, Hold, Ball, Side, ¼ Turn R, Step, Forward Rock & Back Rock

1-2 Step R to R side. Hold
&3-4 Step ball of L beside R. ¼ turn R. Step forward R-L - 6.00
5-6& Rock forward on R. Recover onto Step R beside L
7-8 Rock back on L. Recover onto R

S8: Side, Touch, Ball Cross, Side, Walk Back, Coaster Step

1-2 Step L to L side. Touch R beside L
&3-4 Step ball of R beside L. Cross L over R. Step R to R side
5-6 Walk back L-R

7&8

Step back on L. Step R beside L. Step forward on L

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