

Excuse Me

拍數: 40 牆數: 2 級數: Beginner
編舞者: Tomasz & Angela (DE) - August 2024
音樂: you look like you love me - Ella Langley & Riley Green



The dance begins after 8 beats

S1: Step, lift behind, side, touch, ¼ turn r, lift across, ¼ turn l / shuffle forward

- 1-2 Step forward with right - lift left foot behind right leg
- 3-4 Step left - tap right foot next to left
- 5-6 ¼ turn right and step to the right with right foot - raise left foot in front of right shin (3 o'clock)
- 7&8 ¼ turn left and step forward with left - place right foot next to left and step forward with left (12 o'clock)

S2: Step, pivot ½ l 2x, rocking chair

- 1-2 steps forward with right - ½ turn left on both balls of the feet, weight at the end on the left (6 o'clock)
- 3-4 Step forward with right - ½ turn left on both balls of the feet, weight at the end on the left (12 o'clock)
- 5-6 Step forward with right foot - weight back on left foot
- 7-8 Step back with right foot - weight back on left foot

(End: The dance ends after '3-4' in the 8th round - direction 6 o'clock; at the end 'step forward with right - ½ turn left around on both balls, weight at the end on the left; step forward with right – place left foot next to right / Hand on the hat - 12 o'clock)

S3: Scissor step, point -touch forward-point , sailor step turning ½ l, kick 2x

- 1&2 Step to the right with right - place left foot next to right and cross right foot over left
- 3&4 Tap left toe to the left - tap left toe to the front and left again
- 5&6 Cross left foot behind right - ½ turn left, Place right foot next to left and step forward with left (6 o'clock)
- 7&8 Kick right foot forward twice

(Restart: In the 2nd round - towards 12 o'clock - stop here and start the dance again)

S4: Coaster step, walk 2, scissor step l + r

- 1&2 Step back with right - place left foot next to right and step forward with right
- 3-4 2 steps forward, swinging the leading foot forward in a circle (l - r)
- 5&6 Step left to the left - place right foot next to left and cross left foot over right
- 7&8 Step right to right - step left foot next to right and cross right foot over left

S5: Locking shuffle forward l + r, jazzbox with touch

- 1&2 Step forward with left - cross right foot behind left and step forward with left
- 3&4 Step forward with right - cross left foot behind right and step forward with right
- 5-6 Cross left foot over right - step back with right
- 7-8 Step left - tap right foot next to left