

No Excuses

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mark Cosenza (USA)
音樂: Bloodshot Eyes - Pat Benatar



FORWARD STEP CLAPS AT 45 DEGREE ANGLES (RIGHT, LEFT, RIGHT, LEFT)

1-2 Step forward on right foot at 45 degree angle, clap
3-4 Step forward on left foot at 45 degree angle, clap
5-6 Step forward on right foot at 45 degree angle, clap
7-8 Step forward on left foot at 45 degree angle, clap

Body will face 45 degree angles as well

RUNNING MAN, STEP TOUCH

9-10 Step forward right, scoot back on right
11-12 Step forward left, scoot back on left
13-14 Step forward right, scoot back on right
15 Step down on left foot
16 Touch right toe down keeping your weight on your left foot

For those having trouble with the running man steps, you may substitute knee rolls forward to back with the knee facing outward. (right, left, right).

CROSS, UNWIND, STEP FORWARD RIGHT, LEFT

17-18 Cross right over left, hold
19-20 Unwind ½ turn left, hold (maintain weight to left)
21-22 Touch right toe forward, step down on right
23-24 Touch left toe forward, touch left heel forward

CROSS, UNWIND, STEP FORWARD RIGHT, LEFT

25-26 Cross left over right
27-28 Unwind one half turn to the right (keeping on the balls of your feet)
29-30 Step right foot forward (step down toe, heel)
31-32 Step left foot forward, (step down toe heel)

HEELS LEFT, TOES LEFT, HEELS LEFT, TOES C, FLICK LEFT AND STOMP

33-34 Swivel heels left, swivel toes left
35-36 Swivel heels left, swivel toes center
37-38 Lift left foot up, flick to the left
39-40 Step down on left foot, step down on right foot

HEELS RIGHT, TOES RIGHT, HEELS RIGHT, TOES CENTER, FLICK RIGHT QUARTER STOMP

41-42 Swivel heels right, swivel toes right
43-44 Swivel heels right, swivel toes center
45-46 Lift right foot up, flick to the right and quarter turn to the right
47-48 Step down on right foot, step down on left foot

RIGHT POINT, LEFT POINT, CROSS AND STEP

49-50 Point right toe to right side (keeping weight on left foot), hold
51-52 Transfer weight and point left toe to left side and step right back in place (transferring weight to right foot)
52 Hold
53-54 Cross left over right, hold
55-56 Step right foot in place, hold

LEFT POINT, RIGHT POINT, CROSS AND TURN

- 57-58 Point left toe to left side (keeping weight on right foot), hold
- 59 Transfer weight and point right toe to right side and step left back in place (transferring weight to left foot)
- 60 Hold
- 61-62 Cross right over left, hold
- 63-64 Unwind one half turn to the left, hold

REPEAT
