

No More Excuses

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mark Cosenza (USA)
音樂: Bloodshot Eyes - Pat Benatar



FORWARD SKATES RIGHT AND LEFT, FORWARD SKATES RIGHT, LEFT, RIGHT, LEFT

- 1-2 Skate forward right and hold right hand up (head level) palm in and snap, hold
- 3-4 Skate forward left and swing right hand down (waist level) palm in and snap
- 5-8 Skate forward right, left, right, left and wave right hand as you swing it up

CHARLESTON STEPS, RIGHT LEADING

- 1-4 Touch right forward, hold, swing right back and step, hold
- 5-8 Swing back left and touch, hold, swing left forward and step, hold

PIVOT, HEEL STEP, PIVOT, HEEL STEP, TOUCH TOE, HEEL, CROSS

- 1-2 Turning $\frac{1}{4}$ left, touch right heel forward, turning $\frac{1}{4}$ left, step down on right
- 3-4 Touch left heel forward, step down on left
- 5-6 Touch right toe back with knee inward, touch right heel forward with knee outward
- 7-8 Cross right over left, hold

CHARLESTON STEPS, LEFT LEADING

- 1-4 Touch left forward, hold, swing left back and step, hold
- 5-8 Swing back right and touch, hold, swing right forward and step, hold

LEFT KNEE SWIVELS, HEEL TOES SWIVELS DIAGONAL LEFT

- 1-4 Touch on ball of left forward and swing knee inward, swing knee outward, swing knee inward, swing knee outward
- 5 Face diagonal right and step left together with right
- 6-8 Continuing diagonal left, swivel heels left, toes left, heels left

CIRCLE WALK AND SNAPS

- 1-4 Walking in a circle to the right: step right $\frac{1}{4}$ right, snap, right, step left $\frac{1}{4}$ right
- 5-8 Repeat counts one through four (completing the circle)

POINT, HOLD, STEP, HOLD, CROSS & POINT

- 1-2 Point right side right, hold
- &3-4 Step down on right, point left side left, hold
- 5-8 Cross left over right, hold, point right side right, hold

JAZZ BOX, BUMP HIPS AND SNAP TWICE

- 1-4 Cross right over left, step back left, step right next to left, step left forward
- 5-8 Bump hips right and snap, bump hips left, bump hips right and snap, bump hips left

REPEAT

The song ends on count 16. Place left heel forward and put arms up