

Excuse Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Celia Stevens (NZ) - April 2009
音樂: Excuse Me (I Think I've Got a Heartache) - Dwight Yoakam



16 COUNT INTRO

THIS DANCE IS DONE IN TWO DIRECTIONS ONLY

(1 – 8) R CROSS SAMBA, L CROSS SAMBA, CROSS UNWIND, L COASTER BACK.

1 & 2 step r foot over left, step l to left, step r in place
3 & 4 step l over right, step r to right, step l in place
5,6 cross r over left, unwind ½ turn left (weight ends on right, facing 6:00)
7 & 8 step l foot back, step r beside left, step l forward

(9 – 16) R CROSS SAMBA, L CROSS SAMBA, CROSS UNWIND, L COASTER BACK.

1 & 2 step r over left, step l to left, step r in place
3 & 4 step l over right, step r to right, step l in place
5,6 cross r over left, unwind ½ turn left (weight ends on right, facing 12:00)
7 & 8 step l foot back, step r beside left, step l forward

(17 – 24) R TAP KICK, BEHIND-SIDE-CROSS, L TAP KICK, BEHIND-SIDE-CROSS.

1,2 tap r toe beside left, kick r toe forward at 45°
3 & 4 step r foot behind left, step l to left, step r over left
5,6 tap l toe beside right, kick l toe forward at 45°
7 & 8 step l foot behind right, step r to right, step l over right

(25 – 32) R MONTEREY, HEEL & HEEL & SIDE, TOUCH.

1,2,3,4 touch r toe to right, turn ½ turn right step r beside left, touch l toe to left, step l beside right
(facing 6:00)
5&6&7 touch r heel forward, step r beside left, touch l heel forward, step l beside right, step r to right
8 touch l beside right

(33 – 40) L SIDE SHUFFLE, ROCK/RECOVER, ¼ BACK SHUFFLE, ½ FWD SHUFFLE.

1 & 2 step l to left, step r beside left, step l to left,
3,4 step r back, recover weight on l
5 & 6 turn ¼ turn left stepping back on r, step l beside right, step r back (facing 3:00)
7 & 8 turn ½ turn left stepping l forward, step r beside left, step l forward (facing 9:00)

(41 – 48) ¼ PIVOT, CROSS SHUFFLE, WEAVE.

1,2 step r forward, turn ¼ turn left weight on l (facing 6:00)
3 & 4 step r over left, step l to left, step r over left
5,6,7,8 step l to left, step r behind left, step l to left, step r over left

(49 – 56) SIDE ROCK/RECOVER, BEHIND-SIDE-CROSS, SIDE SHUFFLE, BACK ROCK/RECOVER

1,2 step l to left, recover weight to r
3 & 4 step l behind right, step r to right, step l over right
5 & 6 step r to right, step l beside right, step r to right
7,8 step l back, recover weight to r

(57 – 64) ½ PIVOT, FWD SHUFFLE, FWD FULL TURN, ½ PIVOT.

1,2 step l forward, turn ½ turn right weight on r (facing 12:00)
3 & 4 step l forward, step r beside left, step l forward
5,6 turn full turn left stepping forward r,l

7,8 step r forward, pivot ½ turn left weight on l (facing 6:00)

64 REPEAT AND ENJOY! FOR HELEN HAVE FUN WITH IT!
