

Keep It Real

Count: 32

Wall: 4

Level: Improver

Choreographer: Felicia Harris Jones (USA) - June 2018

Music: No Excuses - Meghan Trainor



Start on Lyrics.

(1-8) Triple Forward, Triple ½ Turn x2*, Body Roll, Knee Pop

- 1&2 Shuffle Forward R-L-R
- 3&4 Making a ½ turn right, Shuffle Back L-R-L (facing 6:00 wall)
- 5&6 Making a ½ turn right, Shuffle Forward R-L-R (facing 12:00 wall)
- 7&8 Place left foot forward- leaning forward slightly, straighten body and lean back slightly as the right leg stiffens, pop left knee forward

***All shuffles are moving forward toward 12:00. Easy option is to omit ½ turns for basic shuffles forward.**

(9-16) Triple Back, Triple Back, Out Out, Twist, Flick

- 1&2 Triple Back while hips angled at 10:00, L-R-L
- 3&4 Triple Back while hips angled at 2:00, R-L-R
- 5-6 Step Left out to left side, Step Right out to right side
- 7&8 Toe grind right while twisting right heel in, out (shifting weight to left), flick right heel behind left leg

(17-24) ¼ Turn, Crossing Triple, Side Rock Recover, Syncopated Weave

- 1-2 Step Right Forward, Pivot ¼ left- weight to Left (9:00)
- 3&4 Cross Right over left, Step Left to left side, Cross Right over left
- 5-6 Rock Left to left side, Recover to Right
- 7&8 Step Left Back, Step Right next to Left, Step Left Forward

(25-32) Hip Dips, Sailor x2

- 1-4 Step Right to right side- Dip hips - Right, Left, Right, Left

***For added attitude, place hands on front of hips as you sway**

- 5&6 Step Right Behind left, Step Left next to right, Step Right to right side
- 7&8 Step Left Behind right, Step Right next to left, Step Left to left side

Enjoy!

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