# No Excuses

级数: Improver

编舞者: Roger (leftfoot) Hunter (USA) - July 2018

**墙数:**4

音乐: No Excuses - Meghan Trainor

## #16 ct. intro

## Sec-1) Scissor R, Scissor L, Vine R.

step R to side,step L slightly R,cross R over L. Step L to side,step R slightly L,cross L over R.
step R to R,step L behind R,step R to R,touch L next to R.

## Sec-2) Step ½ Turn L,Behind Side Cross,Step Touch x2

- 1-2 3&4 step L 1/4 ,step R ¼,step L behind R,step R to R,cross L over R.
- 5-8 Step R to R,touch L next to R,step L to L,touch R next to L

## Sec-3) Step ½ turn R,Behind Side Cross,Step Touch x2

- 1-2 3&4 step R 1/4 ,step L ¼,step R behind L,step L to L,cross R over L.
- 5-8 Step L to L,touch R next to L,step R to R,touch L next to R

## Sec-4) Side Rock, Cross1/4Turn, Coaster step, Walk, Walk

- 1-4 Step L to side, recover on R, cross L over R, step R making ¼ turn L
- 5&6 7,8 Step L behind R,step R slightly back,step L forward, Step R forward,step L forward.

## TAG\* (Tag on 1st,3rd and 5th walls)

Jazz Box, Jazz Box 1/4 turn Right.

- 1-4 Step R cross L.step L back, Step R to R, step L next to R
- 5-8 Step R cross L.step L back, Step R ¼ turn to R, step L next to R

#### Walk,Walk,Rocking Chair\*\*,Walk,Walk .

- 1-4 Step R forward,step L forward,step(rock)R forward,recover on L,
- 5-8 Step(rock)back on R,recover on L,step R forward,step L forward.

\*\*(May substitute step 1/2 turn x2 for rocking chair)

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**拍数:** 32