

# No Excuses

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Mark Cosenza (USA)  
音乐: 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  $\frac{1}{2}$  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**

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