

# No Excuses Ez Cha

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Val Saari (CAN) - March 2018  
音樂: No Excuses - Meghan Trainor : (iTunes)



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## RF ROCKING CHAIR X 2

1-2	Rock RF forward, Recover Left
3-4	Rock RF back, Recover Left
5-6	Rock RF forward, Recover Left
7-8	Rock RF back, Recover Left

## RUMBA BOX

1,2,3&4	Step RF to right, Step LF together, Step RF back, Step LF together, Step RF beside Left
5,6,7&8	Step LF to Left, Step RF together, Step LF forward, Step RF together, Step LF beside Right

## RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR

1-2	Rock RF forward, Recover Left
3-4	Rock RF back, Recover Left
5-6	Rock RF forward pivot 1/4 R, Recover Left
7-8	Rock RF back, Recover Left

## MAMBO RIGHT, MAMBO LEFT

1-4	RF Rock side right, LF recover, RF close together beside L & hold
5-8	LF Rock side left, RF recover, LF close together beside R & hold

**REPEAT, ENJOY!**

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