

No Excuses

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Earleen Wolford (USA) - January 2020
音樂: No Excuses - Meghan Trainor



Other music: Heartless by Diplo (feat. Morgan Wallen), all music is on iTunes

Start dance on Lyrics - no tags/no restarts!

TOUCH R FORWARD, TOUCH R TO R SIDE , STOMP R, BRUSH R, 2 FORWARD WALKS R/L, R TOE STRUT BUMP

- 1-4 With weight on L, Touch R toe forward (1), Touch R toe out to R side (2), Stomp R next to L (3), Brush R forward (4)
5-8 Step R forward (5), Step L forward (6), Tap R toe forward, at same time bump R hip (7), Step down on R (8) (12:00)

TOUCH L FORWARD, TOUCH L TO L SIDE, STOMP L, BRUSH L, 2 FORWARD WALKS L/R, L TOE STRUT BUMP

- 1-4 Touch L toe forward (1), Touch L toe out to L side (2), Stomp L next to R (3), Brush L forward (4)
5-8 Step L forward (5), Step R forward (6), Tap L toe forward, at the same time bump L hip (7), Step down on L (8) (12:00)

BIG STEP TO R DRAGGING L TOE, TOUCH L NEXT TO R, TOUCH L HEEL FORWARD, HITCH L KNEE, REPEAT TO L

- 1-4 Big step out to R with R, at the same time dragging L toe (1), Touch L next to R (2), Touch L heel forward (3), Hitch L knee up, at the same time bumping L hip up (4)
5-8 Big step out to L with L, at the same time dragging R toe (5), Touch R next to L (6), Touch R heel forward (7), Hitch R knee up, at the same time bumping R hip up (8) (L take weight) (12:00)

V STEP OUT OUT IN IN WITH HANDS UP UP DOWN DOWN, STOMP R FORWARD, HOLD, 2 HEEL POPS ¼ TURN L

- 1-4 Step R forward out to R (1), Step L forward out to L (2), Step R back to center (3), Step L back to Center (4)

Note: When doing 1-2, bring both arms up and out to R and snap, keep both arms up and out to L and snap,
3-4, Bring both arms down and out to R and snap, keep both arms down and out to L and snap.
5-8 Stomp R foot forward (5), Hold (6), 2 1/8 heel pops=1/4 turn L, Lift both heels up/down as you pivot 1/8 L (7)repeat, (8) (L take weight) (9:00)

Begin again!

Enjoy my dance & just have FUN dancing it! WE "Gotta Dance"!! And please feel free to use any other music to do my dance, country or non-country both work!

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(aka Earleen 'Gotta Dance')

PLEASE DO NOT MODIFY OR CHANGE MY DANCE STEPS IN ANY WAY, PLZ CONTACT ME FOR ANY QUESTIONS, THANK YOU!!

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