

KRIS'S KARDIO

LINEDANCE.COM

Count: 72 **Wall:** 2 **Level:** Intermediate level

Choreographer: Kris Lundberg (June 07)

Music: Excuse Me Mister by No Doubt

Stretch for the first 48 Counts ? I mean it!

1-16

- 1, 2 Hitch Right Foot whilst doing a $\frac{1}{4}$ turn (Facing 3:00)
&3, 4 Recover on Right, Rock Forward on Left, Step Forward on Right
5, 6 Lunge up on Left, Touch Right

7, 8 $\frac{1}{4}$ Turn, Lunge up on Right, Touch Left (Facing 6:00)

- 9-12 Right Skate, Left Skate, Right Skate, Right Touch
13-16 Left Skate, Right Skate, Left Skate, Left Step

17-32

- 17, 18 Kickbox Right Leg to Right Side and Recover
19, 20 Clockwise dip, weight on left hip
21-22 Right shoulder pulse, Left Shoulder pulse
23-24 Squat, $\frac{1}{2}$ turn Right (Facing 12:00)
25-28 Weave Left foot over traveling right with heel touch, Hold
29-32 Weave Right over traveling left with heel touch

33-48

- 33-36 Right Toe Touch, Hold, Left Toe Touch, Hold
37-40 $\frac{1}{2}$ Turn Left and Kick Ball Change (Facing 6:00)

- 41-44 Step out Right to right side, $\frac{1}{2}$ Turn Right, $\frac{1}{2}$ Turn Right

&45-48 $\frac{1}{2}$ Turn Right, Raise Left Front and slap with Right Hand, Raise Left Front and slap with Left Hand, Hold for 47, Slap both legs on 48 (Facing 12:00)

49-56

- 49-50 Lunge out on left foot and bring right foot to left

51-52 Ankle Break Left, Ankle Break Right

53-54 Hop out on both legs so legs are wider than shoulder width apart, Hold

55-56 Hold, Right Ball Change

57-72

57-58 $\frac{1}{4}$ Turn, Step Forward on Left, Touch Right (Facing 9:00)

59-60 Swing Right Back and Touch Left

61-64 Touch Right, Touch Left (Repeat)

65-68 Step left back with Right Knee Pop, Step Right Back with Left Knee Pop, Coaster

69-70 Step Right Forward, Body Roll Up

71-72 Hop on both feet and $\frac{1}{4}$ Left (Facing 6:00) Repeat and don't forget to breathe.

Tag is done only after the 1st Wall - 8 Counts Jumping Up & Down (not too high)

NOTE: I added clock notations to keep in check. Please note, these only work for the front wall Website