

Keep It Real

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Felicia Harris Jones (June 2018)

Music: No Excuses - Meghan Trainor

Start on Lyrics.

(1-8) Triple Forward, Triple ½ Turn x2*, Body Roll, Knee Pop

- 1&2** Shuffle Forward R-L-R
- 3&4** Making a ½ turn right, Shuffle Back L-R-L (facing 6:00 wall)
- 5&6** Making a ½ turn right, Shuffle Forward R-L-R (facing 12:00 wall)
- 7&8** Place left foot forward- leaning forward slightly, straighten body and lean back slightly as the right leg stiffens, pop left knee forward

***All shuffles are moving forward toward 12:00. Easy option is to omit ½ turns for basic shuffles forward.**

(9-16) Triple Back, Triple Back, Out Out, Twist, Flick

- 1&2** Triple Back while hips angled at 10:00, L-R-L
- 3&4** Triple Back while hips angled at 2:00, R-L-R
- 5-6** Step Left out to left side, Step Right out to right side
- 7&8** Toe grind right while twisting right heel in, out (shifting weight to left), flick right heel behind left leg

(17-24) ¼ Turn, Crossing Triple, Side Rock Recover, Syncopated Weave

- 1-2** Step Right Forward, Pivot ¼ left- weight to Left (9:00)
- 3&4** Cross Right over left, Step Left to left side, Cross Right over left
- 5-6** Rock Left to left side, Recover to Right
- 7&8** Step Left Back, Step Right next to Left, Step Left Forward

(25-32) Hip Dips, Sailor x2

- 1-4** Step Right to right side- Dip hips - Right, Left, Right, Left

***For added attitude, place hands on front of hips as you sway**

- 5&6** Step Right Behind left, Step Left next to right, Step Right to right side

7&8

Step Left Behind right, Step Right next to left, Step Left to left side

Enjoy!

Please use in original format. If you choose to post on your website, please do not alter in any way and include all choreographer contact information.

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