SIN EXCUSAS

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Music: “Sin Excusas Ni Rodeo”, Julio Iglesias, La Carretera CD, Sony Trk #7 Time: 4:00 music adjusted

Seq: Intro, A, B, Intro, A 9-24, B, END  Rhythm & Phase: Bolero Ph 5 + 2 (Curl, Throwaway Oversway)

INTRO

1-4  CP WALL BASIC;:- UNDERARM TURN; ROCK 3 TO HLF OP;
1-2  Wait intro notes on downbeat sd L, -, bk R soft knee, rec fwd L; sd R, -, fwd L soft knee, rec bk R;
3   Sd L, -, slight turn RF XRIB with soft knee, rec fwd L CP Wall (W sd R, -, XLIF under joined lead hands, fwd R twd RLD fce ptnr);
4   Sd R, -, rec L, cls R trng to fce LOD Half OP;

5-8  BOLEDO WALK 3; LADY TO FAN; RIGHT SIDE PASS; FOWARD BREAK;
1-2  Fwd L, -, fwd R, fwd L; fwd R, -, fwd L chking, rec R fce Wall (W fwd L trng LF, bk R to fan pos);
3   Fwd L to "L" Pos fce DRW raise lead hands to make window and look at lady, -, XRIB trng RF with soft knee, rec L cont turn to fce RDC (W fwd R look at M thru window, -, fwd L with LF turn, fwd R trng LF under lead hands to fce M);
4   Sd fwd R to LOP, -, chk fkd L soft knee, rec bk R (W sd and bk L, -, bk R w/ contra chk action, rec fwd L);

PART A

1-4  LEFT PASS LOP LOD; HORSETURN;:- LUNGNE BREAK;
1   Sd fwd L trng 1/4 LF shape to W, -, slip R IBL soft knee cont trng LF, sd fwd L to LOP LOD (W fwd R trng RF bk to M, -, sd fwd L with strong turn LF, bk R to fce LOD);
2-3  Sd R to “V” pos LOD, -, chk fkd L, rec R; fwd L raise joined hands trng LF, -, fwd R moving bhnd W trng LF LGF, fwd L cont trng to fce ptnr Wall (W fwd R trng RF under jnd hnds, -, fwd L cont trng, fwd R to fce ptnr);
4   Sd R lead hands joined, -, lower on R extend L sd and bk, rec rising on R (W sd L, -, bk R to contra chk like action, rec fwd L);

5-8  RIGHT PASS; FOWARD BREAK; LEFT PASS; FOWARD BREAK;
5   Fwd L to "L" Pos fce DRW raise lead hands to make window and look at lady, -, XRIB trng RF with soft knee, rec L cont turn to fce RDC (W fwd R look at M thru window, -, fwd L with LF turn, fwd R trng LF under lead hands to fce M);
6   Sd fwd R to LOP, -, chk fkd L soft knee, rec bk R (W sd and bk L, -, bk R w/ contra chk action, rec fwd L);
7   Sd fwd L trng 1/4 LF DRC shape to W, -, slip RIBL soft knee cont trng LF, sd fwd L to fce Wall (W fwd R trng RF bk to M, -, sd fwd L with strong turn LF, bk R to fce M);
8   Sd fwd R to LOP, -, chk fkd L soft knee, rec bk R (W sd and bk L, -, bk R w/ contra chk action, rec fwd L);

9-12  TURNING BASIC DLC;:- CROSS BODY HNDSHK WALL; SHADOW NEW YORKER;
9-10  Sd L, -, trng 1/4 LF slip RIBL, sd fwd L cont trng 1/4 DLC; sd R, -, fwd L with contra chk like action, rec R to end DLC;
11  Tmng LF sd bk L twd Wall to L shape, -, bk R trng LF, rec fwd L trng LF join rt hands fce WALL (W fwd R, -, fwd L trng LF cont sd R to fce ptnr);
12  In handshake sd R commence RF turn (W LF) to "V" pos RLOD, -, chk thru L with soft knee with M’s left arm extended bhnd W’s back W’s arm extend out twd Wall, rec R to fce Wall;

13-16  BOLEDO WALK 3; LADY SYNC CROSS BODY; CONTRA BRK; CROSS BODY TANDEM;
13  Tmng strongly LF to fce LOD in handshake Shad with W bhnd M fce LOD W’s left arm extended bhnd M’s bk rt hands joined fwd L, -, fwd R, fwd L;
14  SQ&Q  M chk bk R, -, rec fwd L leading W across twd COH/cls R, fwd L trng fce COH in handshake (W fwd L arcs M, -, fwd R trng LF/cls L, cls R to end fce M and wall in handshake);
15  In handshake sd fwd R, -, lower on R chk fkd L maintain up right position, rec R (W sd bk L, chk bk R under body to contra position extend head to right, rec fwd L);
16  Tmng LF sd L twd Wall to L shape, -, bk R trng LF, rec fwd L trng LF to fce Wall in Tandem with rt hands joined (W strong fwd R, -, fwd L trng LF, cont trng sd R to end Tandem fce Wall);

17-20  SWEETHEART 3X-LADY TURN FCE;:-; HALF BASIC CP;
17-19  Keep rt hands joined sd R, -, chk fkd L soft knee look LF at ptnr extend arms to sides, rec R release hands (W sd L, -, chk bk R look RF at ptnr extend arms to sides, rec L); sd L join left hands, -, chk fkd L soft knee look RF at ptnr extend arms to sides, rec L release hands (W sd R, -, chk bk L look LF at ptnr extend arms to sides, rec R); join rt hands sd R, -, chk fkd L soft knee look LF at ptnr extend arms to sides, rec R trng W to CP (W sd L, -, bk R, fwd L trng RF to fce ptnr);
20  Sd L blnd CP, -, chk bk R, rec L;
21-24 | **LUNGE BRK TO CUDDLE ROCKS**;---**LUNGE BREAK TO CUDDLE ROCKS**;---
21-22 | Sd R LOP Fcg Wall, -,- lower on R extend L sd bk, rec rising on R (W sd L, -,- bk R to contra chk like action, rec fwd L); lead W to snug CP with both arms arnd M’s neck cls L, -,- rk sd R, rk sd L;
23-24 | Sd R LOP Fcg Wall, -,- lower on R extend L sd bk, rec rising on R (W sd L, -,- bk R to contra chk like action, rec fwd L); lead W to snug CP with both arms arnd M’s neck cls L, -,- rk sd R, rk sd L;

**PART B**

1-4 | **OPEN OUT 3X**;---**OPEN OUT-LADY CURL**;
1-3 | Cls R bind BFLY, -,- lower on R with RF upper body rotation look at ptnr extend L twd DLC, rise of R (W sd bk L, -,- XRIB with head to right, rec fwd R); cls L, -,- lower on L with LF upper body rotation look at ptnr extend R twd DRC, rise on L (W sd bk R, -,- XLIB with head to left, rec fwd R); cls R bind BFLY, -,- lower on R with RF upper body rotation look at ptnr extend L twd DLC, rise of R (W sd bk L, -,- XRIB with head to right, rec fwd R);
4 | Cls L, -,- lower on L with LF upper body rotation look at ptnr extend R twd DRC, rise on L raise lead hands to turn W 5/8 to end fog LOD (W sd bk R, -,- XLIB with head to left, rec fwd R rng 5/8 under joined lead hands to end fog LOD with L pt twd LOD);

5-8 | **LADY OUT TO FAN**; **RT SD PASS w/ HIP RKS**; **HCKY STCK END**; **UNDERARM TURN**;
5 | Fwd R, -,- fwd L checking, rec R fce Wall (W fwd L, -,- fwd R rng LF, bk R to fan pos);
6 | Fwd L to "L" Pos fce Wall raise lead hands to make window and look at lady, -,- rk sd R, rec L (W fwd R look at M thru window, -,- rk sd L, rec R);
7 | Cont rng RF XLIB, -,- rec fwd L, fwd R twd DRW (W fwd L, -,- fwd R rng RF to fce ptnr, bk L);
8 | Sd fwd L, -,- XRIB, rec fwd L (W strong fwd R, -,- fwd L, fwd R rng under joined lead hands to fce ptnr);

9-12 | **AIDA**; **AIDA LINE & SWITCH**; **SPOT TURN**; **NEW YORKER**;
9 | Sd R to "V" pos RLOD, -,- thru L soft knee trng slight RF (W LF), sd fwd R strong trng LF release lead hands to fce ptnr (W rng RF);
10 | Cont rng LF (W RF) bk L to Aida line, -,- bk R trng to fce ptnr bring trailing hands thru RLOD, -,-;
11 | Sd L trng to "V" pos LOD, -,- thru R with soft knee trng LF, rec L cont turn LF fce ptnr;
12 | Sd R commence RF turn (W LF) to "V" pos RLOD, -,- ck thru L with soft knee, rec R to fce ptnr;

13-16 | **RIFF TURNS**; **SPOT TURN CP**; **FOWARD BREAK**; **SYNC HIP ROCKS**;
13 | QQQQ Raise lead hands sd L, cls R, sd L, cls R (W sd R spin 1 full turn to fce ptnr, cls L, sd R spin 1 full turn to fce ptnr, cls L);
14 | Sd L trng to "V" pos LOD, -,- thru R with soft knee trng LF, rec L cont turn LF CP wall;
15 | Sd fwd R, -,- chk fwd L soft knee, rec bk R (W sd bk L, -,- bk R w/ contra chk action, rec fwd L);
16 | SQ&Q Sd L, -,, rec R/cls L, cls R;

END

1-2 | **SD to THROWAWAY OVERSWAY**; **EXTEND & HOLD**;
1-2 | Sd bk L relax left knee pt R sd bk keep rt side sd W, -,- (W sd fwd R rng LF relax rt knee slide L bk under body past R to point back keep hips twd M look to left, -,-); extend line and hold;