

## 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 RLOD fce ptrn*);  
4 Sd R, -, rec L, cls R trng to fce LOD Half OP;

#### 5-8 BOLERO 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, -, fwd R 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 fwd 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;-; LUNGE 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 fwd L, rec R; fwd L raise joined hands trng LF, -, fwd R moving bhnd W trng LF, fwd L cont trng to fce ptrn Wall (*W fwd R trng RF under jnd hnds, -, fwd L cont trng, fwd R to fce ptrn*);  
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 fwd 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 fwd 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 fce DLC;  
11 Trng 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 trng sd R to fce ptrn*);  
12 In handshake sd R commence RF turn (*W LF*) to "V" pos RLOD, -, ck 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 BOLERO WALK 3; LADY SYNC CROSS BODY; CONTRA BRK; CROSS BODY TANDEM:

- 13 Trng strongly LF to fce LOD in handshake Shad with W bhnd M fcg 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 fcg M and wall in handshake*);  
15 In handshake sd fwd R, -, lower on R chk fwd L maintain up right position, rec R (*W sd bk L, chk bk on R under body to contra position extend head to right, rec fwd L*);  
16 Trng 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 fcg Wall*);

#### 17-20 SWEETHEART 3X-LADY TURN FCE;-;- HALF BASIC CP:

- 17-19 Keep rt hands joined sd R, -, chk fwd L soft knee look LF at ptrn extend arms to sides, rec R release hands (*W sd L, -, chk bk R look RF at ptrn extend arms to sides, rec L*); sd L join left hands, -, chk fwd L soft knee look RF at ptrn extend arms to sides, rec L release hands (*W sd R, -, chk bk L look LF at ptrn extend arms to sides, rec R*); join rt hands sd R, -, chk fwd L soft knee look LF at ptrn extend arms to sides, rec R trng W to CP (*W sd L, -, bk R, fwd L trng RF to fce ptrn*);  
20 Sd L blind 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 blind BFLY, -, lower on R with RF upper body rotation look at ptrn 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 ptrn extend R twd DRC, rise on L (*W sd bk R, -, XLIB with head to left, rec fwd R*); cls R blind BFLY, -, lower on R with RF upper body rotation look at ptrn 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 ptrn extend R twd DRC, rise on L raise lead hands to turn W 5/8 to end fcg LOD (*W sd bk R, -, XLIB with head to left, rec fwd R trng 5/8 under joined lead hands to end fcg 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 trng 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 trng RF XRIB, -, rec fwd L, fwd R twd DRW (*W fwd L, -, fwd R trng RF to fce ptrn, bk L*);  
 8 Sd fwd L, -, XRIB, rec fwd L (*W strong fwd R, -, fwd L, fwd R trng under joined lead hands to fce ptrn*);

**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 ptrn (*W trng RF*);  
 10 Cont trng LF (*W RF*) bk L to Aida line, -, bk R trng to fce ptrn 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 ptrn;  
 12 Sd R commence RF turn (*W LF*) to "V" pos RLOD, -, ck thru L with soft knee, rec R to fce ptrn;

**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 ptrn, cls L, sd R spin 1 full turn to fce ptrn, 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 trng 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;