

# 'No Excuses'

## Choreographers Craig Bennett (UK) Dee Musk (UK) March 2018.

Phrased Intermediate Line Dance. Sequence: A, B, A, A, B, A, A, B, A, A.

Music:- 'No Excuses' – Meghan Trainor, Single.

**16 Count Intro. Approx 8 seconds - Track approx 2 mins 33 secs - BPM 116.**

**Track available from [iTunes.co.uk](https://www.itunes.co.uk) [deemusk@btinternet.com](mailto:deemusk@btinternet.com) Dee – 07814 295470**

### Part A (Two Wall).

#### L Heel Grind, Ball, R Heel Grind, Ball, Cross, Back, Ball, Walk R, L.

1,2& Grind L heel, recover weight to R, step L beside R.

3,4& Grind R heel, recover weight to L, step R beside L.

5,6 Cross L over R, step back on R.

&7,8 Step L beside R, walk forward R, walk forward L.

(12 o'clock).

#### R Kick & Point, Kick ¼ Turn L, Point, Sailor ½ Turn Cross R, Side, Touch Behind.

1&2 Kick R forward, step R beside L, point L to L side.

3&4 Kick L forward, make ¼ turn L stepping L beside R, point R to R side.

5&6 Cross step R behind L, make ½ turn R stepping L to L side, cross R over L.

7,8 Step L to L side, touch R toe behind L.

(3 o'clock).

#### Side, Cross, ¼ Turn L, Side, Cross, ¼ Turn L, Rock Forward R, Recover, Ball, Rock Forward L, Recover.

1&2 Step R to R side, cross L over R, make ¼ turn L stepping back on R.

3&4 Step L to L side, cross R over L, make ¼ turn L stepping forward on L.

5,6& Rock forward on R, recover weight to L, step R beside L.

7,8 Rock forward on L, recover weight to R.

(9 o'clock).

#### Walk Back L, Walk Back R, L Coaster Step, Step Forward, ½ Turn R, ¼ Turn R, Heel Lift.

1,2 Walk back L, walk back R.

3&4 Step back on L, step R beside L, step forward on L.

5,6 Step forward on R, make ½ turn R stepping back on L.

7&8 Make ¼ turn R stepping R to R side, lift both heels up, then down.

(6 o'clock).

**Note: When dancing Part A next, weight must end on R. When dancing Part B next, weight must end on L.**

### Part B (One Wall - always facing 6 o'clock).

#### Cross, Sweep, Cross, Side, Behind, Sweep, Behind, Side.

1,2 Cross R over L, sweep L from behind to in front of R.

3,4 Cross L over R, step R to R side.

5,6 Cross step L behind R, sweep R to behind L.

7,8 Cross step R behind L, step L to L side.

#### Rock, Recover, ½ Turn R, Rock, Recover, ½ Turn L, Kick & Point.

1-3 Rock forward on R, recover weight to L, make ½ turn R stepping forward on R.

4-6 Rock forward on L, recover weight to R, make ½ turn L stepping forward on L.

7&8 Kick R forward, step R beside L, point L to L side.

**Optional Ending: On the last (Part A) - Dance up to and including count 7 of Section 4 - then make ½ turn R stepping L to L side. Ta Dah!!!**

☺ We hope you Enjoy ☺