

No Excuses

Choreographed by **Julia Wetzel**

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Type of dance: 32 counts, 2 walls, Intermediate level line dance
 Music: No Excuses by Meghan Trainor Length: 2:32, BPM: 115
 Intro: 16 counts, start on vocals (8 sec. into track)

Counts	Footwork	Facing
1 - 8	Kick, Ball, Cross, Side, Behind, ¼ Shuffle, Step, ½ Pivot	
1&2	Kick R fw to right diag. (1), Step ball of R next to L (&), Cross L over R (2)	12:00
3, 4	Step R to right side (3), Step L behind R (4)	12:00
5&6	¼ Turn right step R fw (5), Step L next to R (&), Step R fw (6)	3:00
7, 8	Step L fw (7), Pivot ½ turn right step R fw (8)	9:00
9 - 16	Shuffle, Full Turn, Rocking Chair	
1&2	Step L fw (1), Step R next to L (&), Step L fw (2)	9:00
3, 4	½ Turn left step R back (3), ½ Turn left step L fw (4) Non-Turning Option: Walk R L	9:00
5 - 8	Rock R fw (5), Recover on L (6), Rock R back (7), Recover on L (8)	9:00
17- 24	Hip Bumps, ¼ Coaster, Walk, Walk, English Cross	
1&2	Step R fw to right diag. and bump hip right (1), Hip to center (&), Bump hip right place weight on R (2)	9:00
3&4	¼ Turn left sweeping L to back and step L back (3), Step R next to L (&), Step L slightly fw (4)	6:00
5, 6&	Step R fw (5), Step L fw (6), ¼ Turn left sm. step R to right side (&)	3:00
7, 8	Cross L over R (7), ¼ Turn right step R fw (8)	6:00
25 - 32	Mambo ½, ½ Shuffle, BodyRoll & Body Roll/Toe Strut & Toe Strut, Touch	
1&2	Rock L fw (1), Recover on R (&), ½ Turn left step L fw (2)	12:00
3&4	¼ Turn left step R to right side (3), Step L next to R (&), ¼ Turn left step R back (4) Non-Turning Option: L Mambo (1&2), Back Shuffle R L R (3&4)	6:00
5, 6&	Touch ball of L back (5), Step L heel down (6), Step R next to L (&) Styling: Roll body back from top down over 2 counts (5-6)	6:00
7, 8	Touch ball of L back (7), Step L heel down and touch R next to L (8) Styling: Roll body back from top down over 2 counts (7-8) Optional: Clap on count 8 when she sings "Huh!" on Wall 2, 4, 6 facing 12:00	6:00
Tag	At the end of Walls 1, 3, 5 (or every time the dance ends at 6:00) do the following 16 counts	
1 - 8	Slow Prissy Walk R L, ¼ Pivot, Cross, Hold	
1 - 4	Step R fw slightly cross L (1), Hold (2), Step L fw slightly cross R (3), Hold (4)	6:00
5 - 8	Step R fw (5), Pivot ¼ turn left step L to left side (6), Cross R over L (7), Hold (8)	3:00
9 - 16	¼ Back, Hold, Back, Hold, Side Rock, Cross, Hold	
1 - 4	¼ Turn right step L back (1), Hold (2), Step R back (3), Hold (4)	6:00
5 - 8	Rock L to left side (5), Recover on R (6), Cross L over R (7), Hold/Shimmy (8) Styling: Shimmy/Shake shoulders once when she sings "Huh!" on count 8	6:00
Ending	On Wall 7 dance up to Count 28 facing 6:00 then ½ Turn left shuffle L R L (5&6) to face 12:00, Step R fw to right diag. (7), Clap (8)	