

# No Excuses

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**Count:** 48      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Anne Herd , Australia - Feb 2015 (Version 1)

**Music:** Your Mama Don't Dance By Kenny Loggins and Jim Messina. CD: The Best: Loggins & Messina, Sittin'In Again (140bpm) 2:47 - iTunes

**Intro: Start on lyrics 32 beats in, weight on left - Turning CW (No Tags/Restarts)**

**S1: FORWARD TOUCH, BACK TOUCH, BACK TOUCH FORWARD TOUCH**

**Slightly on the diagonals**

**1-2-3-4** Step forward on R Touch L beside R, Step back on L, Touch R beside L

**5-6-7-8** Step back on R, Touch L beside R, Step forward on L, Touch R beside L

**(Clap on counts 2-4-6-8)**

**S2: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH**

**1-2-3-4** Touch R to side, Touch L beside R, Touch R to side, Touch L beside R

**5-6-7-8** Step R to side, Touch L beside R, Step L to side, Touch R beside L

**S3: VINE RIGHT, VINE LEFT ¼ TURN**

**1-2-3-4** Step R to side, Cross L behind R, Step R to side, Touch L beside R

**5-6-7-8** Step L to side, Cross R behind L, Turn ¼ I, Touch R beside L

**S4: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH**

**1-2-3-4** Touch R to side, Touch L beside R, Touch R to side, Touch L beside R

**5-6-7-8** Step R to side, Touch L beside R, Step L to side, Touch R beside L

**S5: STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF**

**1-2-3-4** Step forward on R, Lock L behind R, Step forward on R, Scuff L forward

**5-6-7-8** Step forward on L, Lock R behind L, Step forward on L, Scuff R forward

**S6: PIVOT ½, WALK FORWARD, HEEL TOE SWIVELS,**

**1-2-3-4** Step forward on R, Pivot ½ L, Walk forward stepping R L

**5-6-7-8** Swivel R heel in towards L, Swivel R toe in towards L, Swivel R heel in towards L, Touch R beside L

**[48]**

**Begin dance again**

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