

No Excuses

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Betsy Fischer- June 2018

Music: "No Excuses" by Meghan Trainor

#16 Count Intro

(1-8) Vaudeville Left, Step Left over Right, Step Right, Left Sailor Step ¼ Turn

- 1, 2 Start with Weight on Left - Step Right over left, Step Left to the left side 12:00
- 3&4 Step Right behind Left (3) Step Left to the left side (&) Present the Left Heel (4) 12:00
- &5,6 Step Right to right side (&) Step Left over right (5) Step Right to the right side 12:00
- 7&8 Left Sailor step - Step Left behind right (7) Step Right to the right side (&) Step Left (8) 9:00

(9-16) Wizard Steps (x2) Right Heel Toe, Step Right Turn ½ Left, Kick Left Forward

- 1,2& Step forward Right (1) Step Left behind Right (2) Step Right Forward (&)
- 3,4& Step forward Left (3) Step Right behind Left (4) Step Left Forward (&)
- 5, 6 Touch Right Heel Forward (5) Touch Right Toe back (6)
- 7&8 Step forward on Right (7) Turning ½ turning Left (&) Kick Left Foot forward (8)

(17-24) Sailor Steps (x2) Rock Forward Left Recover, Left Coaster Step

- 1 & 2 Left Sailor - Step Left behind right, step right to the right side, Step Left
- 3 & 4 Right Sailor - Step Right behind Left, Step Left to the left side, Step Right
- 5, 6 Rock forward on Left, Recover weight back on Right foot
- 7&8 Step back on Left, Step Right together, Step Left foot forward

(25-32) Right Knee Roll, Left Knee Roll, Step Right Out, Out, In, In

- 1&2 Touch Right toe forward (1) Roll Right Knee forward to the Right (&) Roll back taking weight (2)
- 3&4 Touch Left toe forward (3) Roll Left Knee forward to the Left (&) Roll back taking weight (4)
- 5, 6 Step Right foot out taking weight, Step Left foot Out taking weight
- 7, 8 Step Right foot in taking weight, Step Left foot in taking weight

To finish the dance facing the front wall: On the 9th Wall (3rd time facing 12 o'clock) when you dance "Heel Toe, Step Turn Kick" turn ¾ left to face the front wall.

No Tags, No Restarts - Enjoy, you have No Excuses

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=127516