

No Excuses

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Count: 48

Wall: 2

Level: Phrased Newcomer / Novice - Non Country -
Novelty

Choreographer: Julia Schmid - August 2019

Music: "No Excuses" by Meghan Trainor (BPM 115)

Sequence: A, B, A, A, B, A, A, B, A, A

Counter Clockwise,

Part A

Kick, Out Out, Toes, Heels, Toes, Out, Out, Swivel 2x, Step, lock

1RF Kick forward

&RF Step R

2LF Step L

3BF twist both toe in

&BF twist both heel in

4BF twist both toe in

&LF step out L

5RF step out R

6BF swivel heels R

7BF swivel heels L

8RF step forward

&LF step together

Step, ¼ Turn R, Flick, Chasse, together, step, hip swing 2x, cross over, step side

9RF step forward

10LF ¼ turn R, step L (3 o'clock)

11RF Flick L behind LF

12RF step R

&LF step next to RF

13RF step R

&LF step next to RF

14RF step R, swing hips R

15swing hips L

16RF cross over LF

&LF step side L

Heel together, cross shuffle, 1/8 turn, walk, walk, hitch, 3/8 turn step back, coaster step

17RF touch heel diagonal forward

&RF step next to LF

18LF cross over RF

&RF step behind LF

19LF cross over RF

20RF turn 1/8 R, step forward (10:30)

21LF step forward

22RF hitch knee

23RF turn 3/8 L, step back (6 o'clock)

24LF step back

&RF step together

Step forward, Skate 2x, Shuffle, 1/2 walk around

25LF step forward

26RF step diagonally R forward

27LF step diagonally L forward

28RF step forward

&LF step together

29RF step forward

30LF turn 1/8 L step forward

31RF turn 1/8 L step forward

32LF turn ¼ L step forward

Part B

Basic NC 2x

1RF step R

2hold

3LF step together

4RF cross over LF

5LF step L

6hold

7RF step together

8LF cross over LF

Step forward, ½ turn L, step, ½ turn L, back, sweep, jump

9RF step forward

10RF ½ turn L

11LF step forward

12RF ½ turn L, step back

13LF step back, put both Hands In front of your eyes

14BH open in front of your eyes

15RF small step forward - LF sweep forward

16BF jump