

# No Excuses

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Absolute Beginner

**Choreographer:** Earleen Wolford - January 2020

**Music:** "No Excuses" by 'Meghan Trainor'

**Other music: Heartless by Diplo (feat. Morgan Wallen), all music is on iTunes**

**Start dance on Lyrics - no tags/no restarts!**

**TOUCH R FORWARD, TOUCH R TO R SIDE , STOMP R, BRUSH R, 2 FORWARD WALKS R/L, R TOE STRUT BUMP**

- 1-4**            With weight on L, Touch R toe forward (1), Touch R toe out to R side (2), Stomp R next to L (3), Brush R forward (4)
- 5-8**            Step R forward (5), Step L forward (6), Tap R toe forward, at same time bump R hip (7), Step down on R (8) (12:00)

**TOUCH L FORWARD, TOUCH L TO L SIDE, STOMP L, BRUSH L, 2 FORWARD WALKS L/R, L TOE STRUT BUMP**

- 1-4**            Touch L toe forward (1), Touch L toe out to L side (2), Stomp L next to R (3), Brush L forward (4)
- 5-8**            Step L forward (5), Step R forward (6), Tap L toe forward, at the same time bump L hip (7), Step down on L (8) (12:00)

**BIG STEP TO R DRAGGING L TOE, TOUCH L NEXT TO R, TOUCH L HEEL FORWARD, HITCH L KNEE, REPEAT TO L**

- 1-4**            Big step out to R with R, at the same time dragging L toe (1), Touch L next to R (2), Touch L heel forward (3), Hitch L knee up, at the same time bumping L hip up (4)
- 5-8**            Big step out to L with L, at the same time dragging R toe (5), Touch R next to L (6), Touch R heel forward (7), Hitch R knee up, at the same time bumping R hip up (8) (L take weight) (12:00)

**V STEP OUT OUT IN IN WITH HANDS UP UP DOWN DOWN, STOMP R FORWARD, HOLD, 2 HEEL POPS ¼ TURN L**

**1-4** Step R forward out to R (1), Step L forward out to L (2), Step R back to center (3), Step L back to Center (4)

**Note: When doing 1-2, bring both arms up and out to R and snap, keep both arms up and out to L and snap,**

**3-4,** Bring both arms down and out to R and snap, keep both arms down and out to L and snap.

**5-8** Stomp R foot forward (5), Hold (6), 2 1/8 heel pops=1/4 turn L, Lift both heels up/down as you pivot 1/8 L (7)repeat, (8) (L take weight) (9:00)

**Begin again!**

**Enjoy my dance & just have FUN dancing it! WE “Gotta Dance”!! And please feel free to use any other music to do my dance, country or non-country both work!**

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**<http://www.youtube.com/user/earlfbillw> - <http://www.facebook.com/earleenwolford>**

**(aka Earleen ‘Gotta Dance’)**

**PLEASE DO NOT MODIFY OR CHANGE MY DANCE STEPS IN ANY WAY, PLZ CONTACT ME FOR ANY QUESITONS, THANK YOU!!**

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**Last Site Update - 8 Feb. 2020**