

Your Mama

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

Choreographer: Jackie Wheeler, May 2020

Music: No Excuses by Meghan Trainor

Intro: 16 counts. No tags or restarts

[1-8] Lindy right, right toe strut, left toe strut

1&2, 3,4 Shuffle L R L to the right, rock back L, recover R

5 6 7 8 Left toe strut to the diagonal (10:30), Right toe strut to diagonal (10:30)

[9-16] Lindy left, left toe strut, right toe strut

1&2, 3,4 Shuffle R L R to the left, rock back R, recover L

5 6 7 8 Right toe strut to the diagonal (1:30), Left toe strut to diagonal (1:30)

[17-24] Grapevine right, Grapevine right with ¼ right and brush

1 2 3 4 Step L side (squared up to 12:00), R behind, L side, touch R next to R.

5 6 7 8 Step R side, L behind, R ¼ turn left, brush L (9:00)

[25-32] Tap L forward, side, triple, Tap R forward side, triple

1, 2, 3&4 Tap L toe forward, tap L toe right, triple L R R

5, 6, 7&8 Tap R toe forward, tap R toe left, triple R L R (9:00)

No Tags/Restarts

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