

No Excuses

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Count: 48 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Craig Bennett (UK) Dee Musk (UK) March 2018.

Music: 'No Excuses' - Meghan Trainor, Single.

#16 Count Intro. Approx 8 seconds - Track approx 2 mins 33 secs - BPM 116.

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

Track available from iTunes.co.uk

Part A (Two Wall).

A1: L Heel Grind, Ball, R Heel Grind, Ball, Cross, Back, Ball, Walk R, L.

- 1,2&** Grind L heel, recover weight to R, step L beside R.
3,4& Grind R heel, recover weight to L, step R beside L.
5,6 Cross L over R, step back on R.
&7,8 Step L beside R, walk forward R, walk forward L. (12 o'clock).

A2: R Kick & Point, Kick ¼ Turn L, Point, Sailor ½ Turn Cross R, Side, Touch Behind.

- 1&2** Kick R forward, step R beside L, point L to L side.
3&4 Kick L forward, make ¼ turn L stepping L beside R, point R to R side.
5&6 Cross step R behind L, make ½ turn R stepping L to L side, cross R over L.
7,8 Step L to L side, touch R toe behind L. (3 o'clock).

A3: Side, Cross, ¼ Turn L, Side, Cross, ¼ Turn L, Rock Forward R, Recover, Ball, Rock Forward L, Recover.

- 1&2** Step R to R side, cross L over R, make ¼ turn L stepping back on R.
3&4 Step L to L side, cross R over L, make ¼ turn L stepping forward on L.
5,6& Rock forward on R, recover weight to L, step R beside L.
7,8 Rock forward on L, recover weight to R. (9 o'clock).

A4: Walk Back L, Walk Back R, L Coaster Step, Step Forward, ½ Turn R, ¼ Turn R, Heel Lift.

- 1,2** Walk back L, walk back R.

- 3&4** Step back on L, step R beside L, step forward on L.
- 5,6** Step forward on R, make ½ turn R stepping back on L.
- 7&8** Make ¼ turn R stepping R to R side, lift both heels up, then down. (6 o'clock).

Note: When dancing Part A next, weight must end on R. When dancing Part B next, weight must end on L.

Part B (One Wall - always facing 6 o'clock).

B1: Cross, Sweep, Cross, Side, Behind, Sweep, Behind, Side.

- 1,2** Cross R over L, sweep L from behind to in front of R.
- 3,4** Cross L over R, step R to R side.
- 5,6** Cross step L behind R, sweep R to behind L.
- 7,8** Cross step R behind L, step L to L side.

B2: Rock, Recover, ½ Turn R, Rock, Recover, ½ Turn L, Kick & Point.

- 1-3** Rock forward on R, recover weight to L, make ½ turn R stepping forward on R.
- 4-6** Rock forward on L, recover weight to R, make ½ turn L stepping forward on L.
- 7&8** Kick R forward, step R beside L, point L to L side.

Optional Ending: On the last (Part A) - Dance up to and including count 7 of Section 4 - then.....

Make ½ turn R stepping L to L side. Ta Dah!!!

We hope you Enjoy

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