

Ain't No Excuses

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Count: 32

Wall: 4

Level: Improver R&B (based on Country)

Choreographer: Christina Yang (March 2018)

Music: No Excuses by Meghan Trainor

Start the dance after 16 counts

SECTION 1: SIDE TOUCH, FOOT CHANGE, SIDE TOUCH, BACKWARD ROCK, RECOVER AND FLICK, FORWARD, FORWARD, SIDE TOUCH, 1/4 TURN TO L WITH SIDE TOUCH

1&2LF side touch, LF closed RF and weight change to LF, RF side touch

3-4RF backward rock, LF recover and RF flick to backward

5-8RF forward, LF forward, RF side touch, 1/4 turn to L with RF side touch

SECTION 2: SAILOR STEP, SAILOR STEP, WEAVE, 1/4 TURN TO R WITH FLICK

1&2RF cross behind LF, LF side rock, RF recover

3&4LF cross behind RF, RF side rock, LF recover

5&6RF cross behind LF, LF side, RF cross over LF

7-8LF side, 1/4 turn to R with LF flick and weight change to RF

*** Restart here ***

SECTION 3: HIP BUMP, STEP, HIP BUMP, STEP, FORWARD TOUCH, REPLACE, FORWARD TOUCH, REPLACE, FORWARD TOUCH AND BACKWARD, BOTH KNEE STRAIGHT AND PUSH HIP TO BACKWARD

1&2LF forward touch and L hip bump, weight change to RF, LF forward

3&4RF forward touch and R hip bump, weight change to LF, RF forward

5&6&LF forward toe touch(using a inside edge), LF closed RF with weight change, RF forward toe touch(using a inside edge), RF closed LF with weight change

7-8LF forward toe touch(using a inside edge) and RF backward, both knees straight and strongly push the hip to backward

SECTION 4: COASTER STEP, FORWARD SHUFFLE, FORWARD ROCK, 1/4 TURN TO L WITH RECOVER, 1/4 TURN TO L WITH FORWARD, 1/4 TURN TO L WITH SIDE, TOUCH

1&2LF backward, RF closed LF, LF forward

3&4RF forward, LF half closed RF, RF forward

5&6LF forward rock, 1/4 turn to L with RF recover, 1/4 turn to L with LF forward

7-8 1/4 turn to L with RF side, LF toe touch beside RF

RESTARTS: On the 2nd, 5th, 8th walls, you should dance until 16 counts, and Start again

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<http://www.youtube.com/user/thetrianglelinedance>

<https://www.facebook.com/christina.yang.148553>