No Excuses

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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