

# No Excuses

拍数: 48

墙数: 2

级数: Phrased Newcomer / Novice - Non  
Country - Novelty



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音乐: No Excuses - Meghan Trainor

Sequence: A, B, A, A, B, A, A, B, A, A  
Counter Clockwise,

## Part A

**Kick, Out Out, Toes, Heels, Toes, Out, Out, Swivel 2x, Step, lock**

- 1 RF Kick forward
- & RF Step R
- 2 LF Step L
- 3 BF twist both toe in
- & BF twist both heel in
- 4 BF twist both toe in
- & LF step out L
- 5 RF step out R
- 6 BF swivel heels R
- 7 BF swivel heels L
- 8 RF step forward
- & LF step together

**Step, ¼ Turn R, Flick, Chasse, together, step, hip swing 2x, cross over, step side**

- 9 RF step forward
- 10 LF ¼ turn R, step L (3 o'clock)
- 11 RF Flick L behind LF
- 12 RF step R
- & LF step next to RF
- 13 RF step R
- & LF step next to RF
- 14 RF step R, swing hips R
- 15 swing hips L
- 16 RF cross over LF
- & LF step side L

**Heel together, cross shuffle, 1/8 turn, walk, walk, hitch, 3/8 turn step back, coaster step**

- 17 RF touch heel diagonal forward
- & RF step next to LF
- 18 LF cross over RF
- & RF step behind LF
- 19 LF cross over RF
- 20 RF turn 1/8 R, step forward (10:30)
- 21 LF step forward
- 22 RF hitch knee
- 23 RF turn 3/8 L, step back (6 o'clock)
- 24 LF step back
- & RF step together

**Step forward, Skate 2x, Shuffle, ½ walk around**

- 25 LF step forward

- 26 RF step diagonally R forward
- 27 LF step diagonally L forward
- 28 RF step forward
- & LF step together
- 29 RF step forward
- 30 LF turn 1/8 L step forward
- 31 RF turn 1/8 L step forward
- 32 LF turn 1/4 L step forward

**Part B**

**Basic NC 2x**

- 1 RF step R
- 2 hold
- 3 LF step together
- 4 RF cross over LF
- 5 LF step L
- 6 hold
- 7 RF step together
- 8 LF cross over LF

**Step forward, 1/2 turn L, step, 1/2 turn L, back, sweep, jump**

- 9 RF step forward
  - 10 RF 1/2 turn L
  - 11 LF step forward
  - 12 RF 1/2 turn L, step back
  - 13 LF step back, put both Hands In front of your eyes
  - 14 BH open in front of your eyes
  - 15 RF small step forward - LF sweep forward
  - 16 BF jump
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