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No Excuses

48 Count, 4 Wall, Intermediate

Choreographer: Anne Herd (Australia) Feb 2015

Choreographed to: Your Mama Don't Dance
by Kenny Loggins and Jim Messina.

CD: The Best: Loggins & Messina, Sittin' In Again (140bpm)

Intro: Start on lyrics 32 beats in, weight on left – Turning CW (No Tags/Restarts)

S1: FORWARD TOUCH, BACK TOUCH, BACK TOUCH FORWARD TOUCH
Slightly on the diagonals

1-2-3-4 Step forward on R Touch L beside R, Step back on L, Touch R beside L
5-6-7-8 Step back on R, Touch L beside R, Step forward on L, Touch R beside L
(Clap on counts 2-4-6-8)

S2: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH

1-2-3-4 Touch R to side, Touch L beside R, Touch R to side, Touch L beside R
5-6-7-8 Step R to side, Touch L beside R, Step L to side, Touch R beside L

S3: VINE RIGHT, VINE LEFT ¼ TURN

1-2-3-4 Step R to side, Cross L behind R, Step R to side, Touch L beside R
5-6-7-8 Step L to side, Cross R behind L, Turn ¼ I, Touch R beside L

S4: TOUCH TOGETHER, TOUCH TOGETHER, STEP TOUCH, STEP TOUCH

1-2-3-4 Touch R to side, Touch L beside R, Touch R to side, Touch L beside R
5-6-7-8 Step R to side, Touch L beside R, Step L to side, Touch R beside L

S5: STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF

1-2-3-4 Step forward on R, Lock L behind R, Step forward on R, Scuff L forward
5-6-7-8 Step forward on L, Lock R behind L, Step forward on L, Scuff R forward

S6: PIVOT ½, WALK FORWARD, HEEL TOE SWIVELS,

1-2-3-4 Step forward on R, Pivot ½ L, Walk forward stepping R L
5-6-7-8 Swivel R heel in towards L, Swivel R toe in towards L, Swivel R heel in towards L, Touch R beside L

Begin dance again