



Ain't No Excuses

32 Count, 4 Wall, Improver (R&B based on Country)

Choreographer: Christina Yang (KR) Mar 2018

Choreographed to: 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&2 LF side touch, LF closed RF and weight change to LF, RF side touch
3-4 RF backward rock, LF recover and RF flick to backward
5-8 RF 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&2 RF cross behind LF, LF side rock, RF recover
3&4 LF cross behind RF, RF side rock, LF recover
5&6 RF cross behind LF, LF side, RF cross over LF
7-8 LF 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&2 LF forward touch and L hip bump, weight change to RF, LF forward
3&4 RF 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
7-8 LF 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&2 LF backward, RF closed LF, LF forward
3&4 RF forward, LF half closed RF, RF forward
5&6 LF 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

RESTART On the 2nd, 5th, 8th wall, you should dance until 16 counts, and start again