



No Excuses EZ Cha

32 Count, 4 Wall, Absolute Beginner

Choreographer: Val Saari (CA) Mar 2018

Choreographed to: No Excuses by Meghan Trainor

Track: 2:32m

Section 1 RF ROCKING CHAIR X 2

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 Rock RF forward, Recover Left
7-8 Rock RF back, Recover Left

Section 2 RUMBA BOX

1,2,3&4 Step RF to right, Step LF together, Step RF back,
Step LF together, Step RF beside Left
5,6,7&8 Step LF to Left, Step RF together, Step LF forward,
Step RF together, Step LF beside Right

Section 3 RF ROCKING CHAIR, RF PIVOT1/4 R ROCKING CHAIR

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 Rock RF forward pivot 1/4 R, Recover Left
7-8 Rock RF back, Recover Left

Section 4 MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

REPEAT, ENJOY!