



No Excuses

32 Count, 4 Wall, Improver

Choreographer: Roger (Leftfoot) Hunter (US)

Choreographed to: No Excuses by Meghan Trainor

16 count intro

1 SCISSOR R, SCISSOR L, VINE R.

1&2-3&4 Step R to side, step L slightly R, cross R over L. Step L to side, step R slightly L, cross L over R.
5-8 Step R to R, step L behind R, step R to R, touch L next to R

2 STEP ½ TURN L, BEHIND SIDE CROSS, STEP TOUCH X2

1-2 3&4 Step L ¼, step R ¼, step L behind R, step R to R, cross L over R.
5-8 Step R to R, touch L next to R, step L to L, touch R next to L

3 STEP ½ TURN R, BEHIND SIDE CROSS, STEP TOUCH X2

1-2 3&4 Step R ¼, step L ¼, step R behind L, step L to L, cross R over L.
5-8 Step L to L, touch R next to L, step R to R, touch L next to R

4 SIDE ROCK, CROSS ¼ TURN, COASTER STEP, WALK, WALK

1-4 Step L to side, recover on R, cross L over R, step R making ¼ turn L
5&6 7,8 Step L behind R, step R slightly back, step L forward, Step R forward, step L forward.

Tag on 1st,3rd and 5th walls

Jazz Box, Jazz Box ¼ turn Right.

1-4 Step R cross L. step L back, Step R to R, step L next to R
5-8 Step R cross L. step L back, Step R ¼ turn to R, step L next to R

Walk, Walk, Rocking Chair, Walk, Walk.**

1-4 Step R forward, step L forward, step (rock) R forward, recover on L,
5-8 Step (rock) back on R, recover on L, step R forward, step L forward.

** (may substitute step ½ turn x2 for rocking chair)