

NO EXCUSES

By Meghan Trainor

Easy Beg Level/Pop

Choreo: Naomi Fleetwood-Pyle – Naomi_P@sbcglobal.net

Start after she says “Ugh”

Sequence: A-B-C
A-B-C
D-B-C-D

PART A:

Turn It	DTS DTS(if) DTS(ots) Step(Turning ½ Right) – Left Foot Lead
Dbl Basic	DTS DTS RS
Chain	DTS RS RS RS (Left)
2 Basics	DSRS DSRS
Turn It	DTS DTS(if) DTS(ots) Step(Turning ½ Left) - Right Foot Lead
Fancy Dbl	DTS DTS RS RS
Chain	DTS RS RS RS (Right)
2 Basics	DSRS DSRS

PART B:

2 Slurs	DTS Slur/St(ib) DTS Slur/St(ib) – Moving Left
Triple	DTS DTS DTS RS
2 Slurs	DTS Slur/St(ib) DTS Slur/St(ib) – Moving Left
Triple/Snap	DTS DTS DTS (Slight Pause) Snap Fingers

PART C:

Rocking Chair	DTS Brush/Up DSRS
Synco Slide	DTS Slide/RS Slide/RS (syncopated)
1 Basic	DSRS (Moving Back)
Synco Slide	DTS Slide/RS Slide/RS (syncopated)
1 Basic	DSRS (Moving Back)
Rocking Chair	DTS Brush/Up DSRS
Synco Slide	DTS Slide/RS Slide/RS (syncopated)
1 Basic	DSRS (Moving Back)
Toe/Steps	Toe/Step Toe/Step Toe & Snap Fingers

PART A:

Turn It, Dbl Basic, Chain, 2 Basics, Turn It, Fancy Dbl, Chain, 2 Basics

PART B:

Slurs, Triple, Slurs, Triple/Snap

PART C:

Rocking Chair, Synco, Basic, Synco, Basic, Rocking Chair, Synco, Basic, Toe/Steps

PART D:

Hit Vine	DTS(ots) Heel/St(if) DTS(ots) Toe/St(ib) DTS(ots) Heel/St(if) DSRS (Left)
Triple Up&Back	DTS DTS DTS Brush/Up (Forward) DTS DTS DTS RS (Backward)

REPEAT HIT VINE AND TRIPLES – OPPOSITE FOOTWORK

PART B:

Slurs, Triple, Slurs, Triple/Snap

PART C:

Rocking Chair, Synco, Basic, Synco, Basic, Rocking Chair, Synco, Basic, Toe/Steps

PART D:

Hit Vine, Triples, Hit Vine, Triples