

# No Excuses

High Intermediate Clogging Line Dance

Music: No Excuses, by Meghan Trainor

Choreo: Gavin Cox (TN) and friends (Jeff Driggs-WV and Sherry Cox-TN)

Left Foot Lead, Wait 16 beats

## PART A (Verse)

L	DS		R		S (XIB)	S (XIF)	STOMP (F)		
R	DS (XIB)	PULL (TO R)			S	S	STOMP		
	&1 &2	& 3		4	& 5	& 6	7		
L	DS	S BO (to R)	BO (to R)	DS	PIVOT (1/2R)		TCH	CLAP	
R	R	BO (to R)	BO (to R)	R		S (F)	CLAP		
	&8 & 9 10	11	&12 & 13		14	15	16		

Repeat MJ Pull "Crazy", Turn N Bounce and Basic Pivot to face Front

## PART B (Build)

L	DS	SL	S (XIB)	SK UP S	SL	SKUFF UP S	S	
R	BR UP S		S	SL	SKUFF UP S	SL	S S	S
	&1 & 2 & 3		& a 4 & a	5 & a	6 & 7 & 8			

L	DS	S	R	DS	R	HUH!
R	R	DS	S	DS	S	HUH!
	&1 & 2 & 3 & 4 & 5 & 6 & 7 8					

## PART C (Chorus)

L	S		S	S		S	S	DTS	TCH (F)	UP
R	DTS (TURN1/2L)		S	DT (XIF)	S	S	DTS	DTS		SL
	1 a&a		2 & 3 a&	a 4 & 5 a&a	6a&	a7a &	8			

Repeat Rhythm Step *Turn 1/4 left*  
Repeat Rhythm Step *Turn 1/4 left*

L	S		S	S	S	BO (OTS)	BO (Together)	HUH!
R	DTS (TURN1/2L)		S	S	S (XIF)	BO (OTS)	BO (Together)	HUH!
	1 a&a		2 & 3 4 5 &	6	7	8		

## REPEAT PART A (Verse)

## REPEAT PART B (Build)

## REPEAT PART C (Chorus)

## PART A (Verse)

MJ Pull "Crazy"  
*lean fwd on 6*  
*Hands wave "crazy" on 6*

Turn-n-bounce, Basic Pivot  
*Turn left on 8&9*  
*hands over head point R R on 10 11*

MJ Pull "Crazy"  
Turn-n-bounce, Basic Pivot

## PART B (Build)

Sherry Vine\_  
*Moving forward*

2 Basics, Double Basic Turn  
*Back up on basics, turn 360 left on*  
*Double Basic, HUH! On 8*

## PART C (Chorus)

Rhythm Step *Turn 1/4 left*

Rhythm Step *Turn 1/4 left*  
Rhythm Step *Turn 1/4 left*

Rhythm Split *Turn 1/4 left*  
*Walk forward on 3 4*

## REPEAT A (Verse)

MJ Pull "Crazy"  
Turn-n-bounce, Basic Pivot  
MJ Pull "Crazy"  
Turn-n-bounce, Basic Pivot

## REPEAT B (Build)

Sherry Vine\_  
2 Basics, Double Basic Turn

## REPEAT C (Chorus)

Rhythm Step *Turn 1/4 left*  
Rhythm Step *Turn 1/4 left*  
Rhythm Step *Turn 1/4 left*  
Rhythm Split *Turn 1/4 left*

**PART D** (Break)

L	DS	S	S (XIB)	S	S	R
R	S (XIB)	S	S	HEEL-PIVOT (3/4R)	DS	S
	&1 &	2 & 3	& 4 5		6 &7 &	8

Repeat Joey and Heel Pivot ¾ to face all four walls

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**REPEAT PART B** (Build)

**REPEAT PART C** (Chorus)

**REPEAT PART D** (Break)

**PART D** (Break)

Joey, Heel Pivot ¾  
*Turn ¼ right on pivot*

Joey, Heel Pivot ¾  
Joey, Heel Pivot ¾  
Joey, Heel Pivot ¾

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**REPEAT B** (Build)

Sherry Vine\_  
2 Basics, Double Basic Turn

**REPEAT C** (Chorus)

Rhythm Step *Turn ¼ left*  
Rhythm Step *Turn ¼ left*  
Rhythm Step *Turn ¼ left*  
Rhythm Split *Turn ¼ left*

**REPEAT D** (Break)

Joey, Heel Pivot ¾  
Joey, Heel Pivot ¾  
Joey, Heel Pivot ¾  
Joey, Heel Pivot ¾