

NO EXCUSES

LEVEL: Intermediate

MUSIC: Meghan Trainor

LENGTH: 2:33 Mins

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: A – B – C – A – B – C – Break – B – C – Break

WAIT: 16 beats once music kicks in. LEFT FOOT LEAD.

Beats Movement

Beats Movement

Beats Movement

<p><u>PART A</u> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p>	<p><u>PART A</u> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><u>BREAK</u> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>	<p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><u>BREAK</u> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>
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Step Explanations for: 'No Excuses' - Choreo by: J. King

TRAINER: (7)

S(os) S(ib) S(os) S(os) S(ib) S(os) S Sk-SL H(if)-Flap *pull L foot* S
L R L R L R L R L R R L
1 & 2 & 3 & 4 & 5 & 6 (&) 7

STOMP BASIC PULL: (4)

ST DS(xib) R-S(os) *pull R foot* S
R L R L R
1 &2 & 3 (&) 4

JOG 3 / BASIC CHUG: (5)

B B B DS RS *pause* Chug
L R L R LR L
1 & 2 &3 &4 (&) 5

STEP PULLS: (2)

S(os) *pull R foot to L* S(together)
L R
1 & 2

CHAIN ROCK TURN: (4)

DS RS RS RS (Turn 360 L)
L RL RL RL
&1 &2 &3 &4

SINGLE LOOP RUN: (8)

DS DR-S(xib) DS(os) DS(xif) DS DR-S(xib) DS/H(if) Chug
R R L R L R R L R L L
&1 & 2 &3 &4 &5 & 6 &7 8

DIPPIDOWN: (4)

DS(xif) S(ib) S RS (Turn 3/4L on 3&4)
L R L RL
&1 2 3 &4

TRIPLE: (4)

DS DS DS RS
R L R LR
&1 &2 &3 &4

PIVOT TURN: (2)

S(if) *pivot 1/4R* S
L R R
1 (&) 2

MAMA JAM: (6)

S(slide os) S(slide os) S(if) RS S(if) Chug
L R L RL R L
1 2 3 &4 5 6

STAGGER: (4)

DS/Heel(os) Toe(xif) S RS
L R R R LR
&a1 2 3 &4

FANCY DOUBLE: (4)

DS DS RS RS
L R LR LR
&1 &2 &3 &4

SAMANTHA ROCK: (8)

DS DS(xif) S(ib) S(b) RS DS RS RS
L R L R LR L RL RL
&1 &2 3 4 &5 &6 &7 &8