Ain't No Excuses

Count: 32 **Wall:** 4 **Level:** Improver R&B (based on Country)
Choreographer: Christina Yang (KOR) - March 2018
Music: No Excuses - Meghan Trainor

Start the dance after 16 counts

SECTION 1: SIDE TOUCH, FOOT CHANGE, SIDE TOUCH, BACKWARD ROCK, RECOVER AND FLICK, FORWARD, FORWARD, SIDE TOUCH, 1/4 TURN TO L WITH SIDE TOUCH

1&2	LF side touch, LF closed RF and weight change to LF, RF side touch
3-4	RF backward rock, LF recover and RF flick to backward
5-8	RF forward, LF forward, RF side touch, 1/4 turn to L with RF side touch

SECTION 2: SAILOR STEP, SAILOR STEP, WEAVE, 1/4 TURN TO R WITH FLICK

1&2	RF cross behind LF, LF side rock, RF recover
3&4	LF cross behind RF, RF side rock, LF recover
5&6	RF cross behind LF, LF side, RF cross over LF
7-8	LF side, 1/4 turn to R with LF flick and weight change to RF

*** Restart here ***

SECTION 3: HIP BUMP, STEP, HIP BUMP, STEP, FORWARD TOUCH, REPLACE, FORWARD TOUCH, REPLACE, FORWARD TOUCH AND BACKWARD, BOTH KNEE STRAIGHT AND PUSH HIP TO BACKWARD

1&2	LF forward touch and L hip bump, weight change to RF, LF forward
3&4	RF forward touch and R hip bump, weight change to LF, RF forward
5&6&	LF forward toe touch(using a inside edge), LF closed RF with weight change, RF forward toe touch(using a inside edge), RF closed LF with weight change
7-8	LF forward toe touch(using a inside edge) and RF backward, both knees straight and strongly push the hip to backward

SECTION 4: COASTER STEP, FORWARD SHUFFLE, FORWARD ROCK, 1/4 TURN TO L WITH RECOVER, 1/4 TURN TO L WITH FORWARD, 1/4 TURN TO L WITH SIDE, TOUCH

1&2	LF backward, RF closed LF, LF forward
3&4	RF forward, LF half closed RF, RF forward
5&6	LF forward rock, 1/4 turn to L with RF recover, 1/4 turn to L with LF forward
7-8	1/4 turn to L with RF side, LF toe touch beside RF

RESTARTS: On the 2nd, 5th, 8th walls, you should dance until 16 counts, and Start again

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