

No Excuses

Level: Intermediate Plus **Genre:** Pop
Artist: Meghan Trainer
Choreo: Sherry Cox and Gavin Cox
Speed: Normal **Length:** 2.32 min
Order: A B C A B C D B C D*
Wait: 16 beats

Quick Cues

Part A (32 beats)

7 MJ Step Up
4 Basic Bounce (1/2L)
5 Basic Pivot Walk (1/2R)
16 REPEAT

Part B (16 beats)

8 Sherry's Skuff Run (FWD)
4 2 Basic (BK ANGL L&R)
4 Fancy Double Stomp (Full L)

Part C (32 beats)

4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
8 Rat-A-Tat Walk (1/4L)

Part A (32 beats)

7 MJ Step Up
4 Basic Bounce (1/2L)
5 Basic Pivot Walk (1/2R)
16 REPEAT

Part B (16 beats)

8 Sherry's Skuff Run (FWD)
4 2 Basic (BK ANGL L&R)
4 Fancy Double Stomp (Full L)

Part C (32 beats)

4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
8 Rat-A-Tat Walk (1/4L)

Quick Cues

Part D (32 beats)

4 Buck Joey
4 Heel Spin and Basic (3/4R)
24 REPEAT 3 TIMES

Part B (16 beats)

8 Sherry's Skuff Run (FWD)
4 2 Basic (BK ANGL L&R)
4 Fancy Double Stomp (Full L)

Part C (32 beats)

4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
4 Rat-A-Tat (1/4L)
4 Step Running Doubles
8 Rat-A-Tat Walk (1/4L)

Part D* (32 beats)

4 Buck Joey
4 Heel Spin and Basic (3/4R)
4 Buck Joey
4 Heel Spin and Basic (3/4R)
4 Buck Joey
4 Heel Spin and Basic (3/4R)
4 Buck Joey
4 Heel Spin Jump (3/4R)



CONVERTED TO
ACA TERMINOLOGY

Step Descriptions - NO EXCUSES

MJ STEP UP:

DS DS (XIB) R S (OTS) (P) S (XIB) R (OTS) S R STO (LEAN FWD) (P) S (BK)
L R L R L R L R L R L R
&1 &2 & 3 & 4 & 5 & 6 & 7

BASIC BOUNCE:

DS RS (1/2L) (P) [BO/BO] (R) (P) [TCH/BO] (R)
L RL L/R L /R
&1 &2 & 3 & 4

BASIC PIVOT WALK:

DS R S (FWD) PVT (1/2R) S (P) S (P) S
L R L L R L R
&1 & 2 & 3 & 4 & 5

SHERRY'S SKUFF RUN: (In this dance FWD on &5&6)

DS SK HOP BA (OTS) BA (XIB) BA (OTS) SK HOP BA SK HOP BA SK HOP BA BA BA S
L R L R L R L R L R L R L R L R L R
&1 & 2 & 3 & 4 & a 5 & a 6 & 7 & 8

FANCY DOUBLE STOMP:

DS DS RS R-LIFT (BK) / STO (FWD)
L R LR L L / R
&1 &2 &3 & 4

BASIC:

DS RS
L RL
&1 &2

RAT-A-TAT: (In this dance 1/4L on first 2 beats)

(P) BA DBL-BA (XIF) BA (XIB) BA (BS) BA DBL-BA (XIF) BA (XIB) BA (BS)
L R R L R L R R L R
& 1 e& a 2 & 3 e& a 4 &

STEP RUNNING DOUBLES: (In this dance (P) maybe replaced by last beat of previous step)

(P) BA DBL-BA DBL-BA DBL-BA TCH-LIFT/SL
L R R L L R R L L/R
& 1 e& a 2e & a3 e & 4

RAT-A-TAT WALK: (In this dance 1/4L on first 2 beats)

(P) BA DBL-BA (XIF) BA (XIB) R S (FWD) (P) S (FWD) (P) S (FWD) BA (XIF) S (BS) (P)
L R R L R L R L R L R L
& 1 e& a 2 & 3 & 4 & 5 & 6 &
[JMP/JMP] (OTS) (P) [TCH/BO] (BS)
L / R L / R
7 & 8

BUCK JOEY:

DBL-BA T-BA (XIB) H-BA (OTS) H-BA (OTS) T-BA (XIB) H-BA (BS) H-BA
L L R R L L R R L L R R L L
&a 1 e & a 2 e & a 3 e & a 4

HEEL SPIN AND BASIC:

(P) H (WGT) PVT (1/2 L OR L) S DS RS
R R L R LR
& 1 & 2 &3 &4

HEEL SPIN JUMP:

(P) H (WGT) PVT (1/2 L OR L) S (P) [JMP/JMP] (OTS) (P) [BO/BO] (BS)
R R L L / R L / R
& 1 & 2 & 3 & 4