

No Excuses ~ Meghan Trainor

EZ – Line – Left Lead – available on iTunes or Amazon

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Sequence: Wait 16, A, B, C, A, B, C, D, B, C, D

Part A (32 Beats)

- (8) Heel Toe Vine DS – HTch(xf) S – DS – Tap(xb) S – DS – HTch(xf) S – DS - RS
(4) Joey DS – B(xb) B(ots)- B(ots) B(xb)- B(ots) S
(4) Kentucky Basic DS – K(xf)/Dr – S(xf) – DS - RS

Repeat all of the above on opposite foot

Part B (16 Beats)

- (16) 4 Vines in a Box DS(ots) – DS(xb) – DS(ots) – RS (turn ¼ L on each)

Repeat all of the above

Part C (32 Beats)

- (8) Cowboy DS(f) – DS(f) – DS(f) – Br Up– DS(xf) – R(b)S – R(b)S – R(b)S
(4) 1 Brush & Turn DS – Br Lift (½ L) – DS – RS
(4) Fancy Double DS – DS – RS - RS

Repeat all of the above to face the front

Repeat Part

A Heel Toe Vine, Joey, Kentucky Basic, Heel Toe Vine, Joey, Kentucky Basic

B 4 Vines in a Box

C Cowboy, Brush and Turn ½, Fancy Double, Cowboy, Brush and Turn ½, Fancy Double

Part D (32 Beats)

- (8) Clogover Vine DS(ots)- DS(xf)- DS(ots)- DS(xb)- DS(ots)- DS(xf)- DS - RS
(4) Long Charleston DS – Tch(f) – TH(b) – R(b) S
(4) Crazy Legs DS(b) – DS(b) – DS(b) – DS(b)

Repeat all of the above on opposite foot

Repeat Part

B 4 Vines in a Box

C Cowboy, Brush and Turn ½, Fancy Double, Cowboy, Brush and Turn ½, Fancy Double

D Clogover Vine, Long Charleston, Crazy Legs, Clogover Vine, Long Charleston, Crazy Legs

Abbreviations

(b) - back
(f) – front or forward
(ots) - out to side
(xb) - Cross in Back

(xf) – Cross in Front
B – Ball
Br – Brush
Dr - Drag

DS - Double Step
HTch – Heel Touch
K - Kick
R - Rock

RS - Rock Step
S- Step
Tap – Tap Tip of Toe
Tch – Touch

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