

No Excuses Ez Cha

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Val Saari (Canada, March 2018)

Music: No Excuses - Meghan Trainor, iTunes (2:32)

RF ROCKING CHAIR X 2

1-2 Rock RF forward, Recover Left

3-4 Rock RF back, Recover Left

5-6 Rock RF forward, Recover Left

7-8 Rock RF back, Recover Left

RUMBA BOX

1,2,3&4 Step RF to right, Step LF together, Step RF back, Step LF together, Step RF beside Left

5,6,7&8 Step LF to Left, Step RF together, Step LF forward, Step RF together, Step LF beside Right

RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR

1-2 Rock RF forward, Recover Left

3-4 Rock RF back, Recover Left

5-6 Rock RF forward pivot 1/4 R, Recover Left

7-8 Rock RF back, Recover Left

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold

5-8 LF Rock side left, RF recover, LF close together beside R & hold

REPEAT, ENJOY!