

# Ain't No excuses

Choreographer: Christina Yang(March, 2018)

Count: 32      Wall: 4      Level: Improver      Type: R&B(based on country)

Music: No excuses by 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

## **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, R 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 bacakwar, 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

Restrat

On the 2<sup>nd</sup>, 5<sup>th</sup>, 8<sup>th</sup> wall, you should dance to 16 counts, and start again

E-mail: [chrisjj0618@yahoo.com](mailto:chrisjj0618@yahoo.com)

<http://www.youtube.com/user/Thetrianglelinedance>