

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 Slur Vine Brushes | DS(ots) – DS(xb) – DS(ots) – RS (turn ¼ L on each) |
|--------------------------|--|
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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 ½ L | 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 Slur Vine Brushes 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