

# NO EXCUSES

**LEVEL:** Intermediate

**MUSIC:** Meghan Trainor

**LENGTH:** 2:33 Mins

**CHOREO:** Josh "Clogdog" King

Visit [www.theclogdog.com](http://www.theclogdog.com) for cue sheets & videos!

**SEQUENCE:** A – B – C – A – B – C – Break – B – C – Break

**WAIT:** 16 beats once music kicks in. LEFT FOOT LEAD.

**Beats Movement**

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<p><b><u>PART A</u></b> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><b><u>PART B</u></b> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><b><u>PART C</u></b> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p>	<p><b><u>PART A</u></b> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><b><u>PART B</u></b> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><b><u>PART C</u></b> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><b><u>BREAK</u></b> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>	<p><b><u>PART B</u></b> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><b><u>PART C</u></b> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><b><u>BREAK</u></b> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>
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**Step Explanations for: 'No Excuses' - Choreo by: J. King**

**TRAINER: (7)**

S(os) S(ib) S(os) S(os) S(ib) S(os) S Sk-SL H(if)-Flap \*pull L foot\* S  
L R L R L R L R L R R L  
1 & 2 & 3 & 4 & 5 & 6 (&) 7

**STOMP BASIC PULL: (4)**

ST DS(xib) R-S(os) \*pull R foot\* S  
R L R L R  
1 &2 & 3 (&) 4

**JOG 3 / BASIC CHUG: (5)**

B B B DS RS \*pause\* Chug  
L R L R LR L  
1 & 2 &3 &4 (&) 5

**STEP PULLS: (2)**

S(os) \*pull R foot to L\* S(together)  
L R  
1 & 2

**CHAIN ROCK TURN: (4)**

DS RS RS RS (Turn 360 L)  
L RL RL RL  
&1 &2 &3 &4

**SINGLE LOOP RUN: (8)**

DS DR-S(xib) DS(os) DS(xif) DS DR-S(xib) DS/H(if) Chug  
R R L R L R R L R L L  
&1 & 2 &3 &4 &5 & 6 &7 8

**DIPPIDOWN: (4)**

DS(xif) S(ib) S RS (Turn 3/4L on 3&4)  
L R L RL  
&1 2 3 &4

**TRIPLE: (4)**

DS DS DS RS  
R L R LR  
&1 &2 &3 &4

**PIVOT TURN: (2)**

S(if) \*pivot 1/4R\* S  
L R  
1 (&) 2

**MAMA JAM: (6)**

S(slide os) S(slide os) S(if) RS S(if) Chug  
L R L RL R L  
1 2 3 &4 5 6

**STAGGER: (4)**

DS/Heel(os) Toe(xif) S RS  
L R R R LR  
&a1 2 3 &4

**FANCY DOUBLE: (4)**

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

**SAMANTHA ROCK: (8)**

DS DS(xif) S(ib) S(b) RS DS RS RS  
L R L R LR L RL RL  
&1 &2 3 4 &5 &6 &7 &8