

NO EXCUSES

Artist: Meghan Trainor Choreo by Katie O'Brien, Brooke Warren & Shane Gruber CCI
 iTunes 4481 Borland
 Time: 2:36 West Bloomfield, MI
 Level: Intermediate 48323

Music: Pop Speed: med Shanegang@yahoo.com
 Wait 16 counts www.Shanegangcloggers.com 248-363-5820

Sequence: A-B-C-A-B-C-D-B-C-D

*Modified Steps for
 Scarborough City
 Cloggers

Part A (32)

Stomp Rooster Stomp-DS(xif)-ball-ball(xib)-ball-ball(xif)
 L R L R L R

Basic Twist DS-RS-Dlb out Step-Step-DS-RS-Dbl out Step-Step
 &1 &2 & 3 4 &5 &6 & 7 8

Mountain Goat Dbl-ball-ball(if)-ball-ball(ots)-ball-ball(ib)-Lift
 1/2 Left L L R L R L R L

Repeat all steps to face the front

Part B (16)

Pulls Pull-step-Rock-Pull-step-Rock-Pull-step-DS-DS
 L R L R L R L R L R

Over the Log Step-Step(forward)-Clap Step-Step(Back)-Clap
 L R L R

Dance around Step-Step-Step-Step → Modified Steps 360 left:
 360 Left L R L R Step-Heel Step-Heel Step-Heel Step (Bounce on Heel)
 L L R R L L R *

Part C (32)

Heel Turn Heel Pivot(1/4L)-Step-DS-DS
 1/4 Left L R L R

2 Hop Basics Hop-SRS Hop-SRS
 R LRL L RLR

Repeat 3 more times to face all 4 walls – when you do the last Heel Turn to the front do a moonwalk back 4 counts instead of 2 Hop Basics

Moonwalk Slide heel-Slide heel-Slide heel-Slide heel
 L R L R

Part D (32)

Scissors DS-Dbl Out-Cross-Out-Cross-Out → Modified Steps:
 L R both RxL LxR DS DS(xif) DT Heels-Out Heels-In Heels-Out
 &1 &2 & 3 & 4 L R L L&R L&R L&R *

Stomp Double Stomp-DS-DS-RS
 1/4 Right L R LR

* Modified Steps:
 DS DS(xif) DS STOMP Heel Step Heel Step
 L R L R L L R R

Pick up the Fiddle DS-DS(xif)-DS-Hop-Heel Step-Heel Tch →
 1/4 Right L R L Both R L

Repeat all steps to face the front