

# 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

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## 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***

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## Part B (16 Beats)

- |                       |  |
|-----------------------|--|
| (16) 4 Vines in a Box | DS(ots) – DS(xb) – DS(ots) – RS (turn ¼ L on each) |
|-----------------------|--|

***Repeat all of the above***

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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 | DS – Br Lift (½ L) – DS – RS                                  |
| (4) Fancy Double   | DS – DS – RS - RS   |

***Repeat all of the above to face the front***

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## Repeat Part

**A** Heel Toe Vine, Joey, Kentucky Basic, Heel Toe Vine, Joey, Kentucky Basic

**B** 4 Vines in a Box

**C** Cowboy, Brush and Turn ½, Fancy Double, Cowboy, Brush and Turn ½, Fancy Double

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## 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***

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## 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

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## 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