

# No Excuses

- Meghan Trainor (Single)

2:32 Min., 113 bpm  
Choreo: Andrea Krziscik  
Easy

wait 16 beats

**Part A** 2 Stomp Double, Cowboy (**Turn ½ L**)

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**Part B** 2x [Basketball Turn & Basic, Push Off]

**Part C** 3x [Rocking Chair (**Turn ¼ L**), Fancy Double],  
Triple (**Turn ¼ L**), Triple Stomp Stomp

**Part A**

**Part A**

**Part B**

**Part C**

**Part D** 3 Cowboy (**to the L/R corner + front**),  
Jazz Box, 4 Toe-Heel

**Part B** 2x [Basketball Turn & Basic, Push Off]

**Part C** 3x [Rocking Chair (**Turn ¼ L**), Fancy Double],  
Triple (**Turn ¼ L**), Triple Stomp Stomp

**Part D** 3 Cowboy (**to the L/R corner + front**),  
Jazz Box, 4 Toe-Heel