

NO EXCUSES: Artist: Meghan Trainer

Chore: Josh King (mod: CCC format by G Johnson)

Level: Intermediate

Lead: Left foot

Wait: 16 count

Part A 1 Trainer (7)
1 Stomp Basic Pull (4)
1 Jog 3 Chug (5)

REPEAT

Part B 2 Step Pulls (4)
1 Turning Push Off (4)
1 Double Loop Chug (8)

Part C 1 Dippidown (3/4 L) (4)
1 Triple (4)
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1 Dippidown (3/4 L) (4)
1 Triple (4)
1 Pivot Turn (1/4 R) (2)
1 Mama Jam (6)

Part A 1 Trainer (7)
1 Stomp Basic Pull (4)
1 Jog 3 Chug (5)

REPEAT

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1 Pivot Turn (1/4 R) (2)
1 Mama Jam (6)

Break 1 Stagger Lee (4)
1 Fancy Double (4)
1 Samantha Rock (8)

REPEAT

Part B 2 Step Pulls (4)
1 Turning Push Off (4)
1 Double Loop Chug (8)

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Break 1 Stagger Lee (4)
1 Fancy Double (4)
1 Samantha Rock (8)

REPEAT

No Excuses– Step Breakdown

TRAINER (7)

S(os)	S(ib)	S(os)	S(os)	S(ib)	S(os)	S	SKUFF	SLIDE	HEEL(if)	SNAP	*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)

STOMP	DS(xib)	ROCK	S(os)	*pull R foot*	S
R	L	R	L		R
1	&2	&	3	&	4

JOG 3 CHUG (5) (aka Jog 3/Basic Chug)

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

TURNING PUSH OFF (4) (turn as cued) (aka Chain Turn, Chain Rock Turn)

DS	BALL	STEP	BALL	STEP	BALL	STEP
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

DOUBLE LOOP CHUG (8) (moving right) (aka Single Loop Run)

DS	DR	S(xib, loop)	DS(os)	DS(xif)	DS	DR	S(xib,loop)	DS/HEEL(if)	CHUG
R	R	L	R	L	R	R	L	R/L	L
&1	&	2	&3	&4	&5	&	6	&7	8

DIPPIDOWN (4) (turn 3/4 L on 3 & 4)

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

TRIPLE (4)

DS	DS	DS	BS
L	R	L	RL
&1	&2	&3	&4

PIVOT TURN (2)

S(if)	*pivot 1/4 R)	STEP
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 LEE (4)

DT	BALL/HTCH(ots)	(p)	TCH(xif)	(p)	DROP HEEL	RS
L	L/R		R		R	L/R
&	1	&	2	&	3	&4

(aka Stagger Step)

FANCY DOUBLE (4)

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

(aka Double Rock 2)

SAMANTHA ROCK (8)

DS	DS(xif)	DRAG	STEP(xib)	DRAG	STEP(ots)	BALL(ib)	STEP	DS	RS	RS
L	R	R	L	L	R	L	R	L	R	L
&1	&2	&	3	&	4	&	5	&6	&7	&8