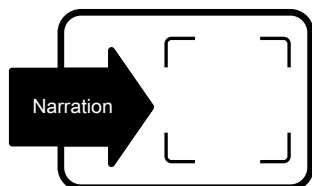
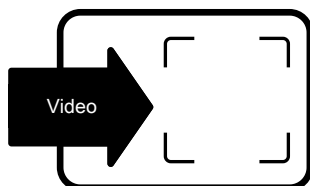




NO EXCUSES

<https://music.apple.com/ca/album/no-excuses/1587394110?i=1587398157>

Start	In the centre, feet together
Introduction = 2 counts of 8	Hold
Counts	
1-16	Step, heel (x4), point, point, point, and head (x2)
1-8	Rock punch (x3) and head
1-8	Rock punch (x3) and head
1-16	Arms go over the rainbow, hold it and, both hands drop on knee (x2)
1-24	[Step on bugs] Right. Left. Right
1-8	Roll your arms (x4) Slap - lap, lap, clap, punch up to sky with legs apart
10 counts of 8	Repeat all from the beginning
1-16	Step together step punch arm up (x4)
1-8	Step turn step, clap (x2)
1-8	Roll your arms (x4) Slap - lap, lap, clap, punch up to sky with legs apart
1-16	Arms go over the rainbow, hold it and, both hands drop on knee (x2)
1-24	[Step on bugs] Right. Left. Right
1-8	Roll your arms (x4) Slap - lap, lap, clap, punch up to sky with legs apart
1-16	Step together step punch arm up (x4)
1-8	Step turn step, clap (x2)
1-8	Roll your arms (x4) Slap - lap, lap, clap, punch up to sky with legs apart
No music	Place feet together, both arms up, bow and clap.



Pro Tip:
If you can SAY IT,
you can DO IT!