

There's No Way

拍数: 64 墙数: 2 级数: Advanced
编舞者: Sophie Stevens (UK) - February 2020
音乐: No Way (feat. Renée Lamb) - SIX



Music available on iTunes, Spotify and www.amazon.co.uk

#8 Count Intro

S1: Right Mambo, Left Mambo, Right Scuff Hitch Back, Dip.

- 1 & 2 Right to Right side, Recover Left, Right close next to Left.
- 3 & 4 Left to Left side, Recover Right, Left close next to Right.
- 5, 6 Right Scuff into Hitch on Right and step back on Right.
- 7, 8 Dip down (bending both knees), Come back up (transferring weight from Right to Left).

S2: Step Forward Right, Pivot ½ Left, Sweep Right ½ Turn Left & Close, Cha Cha Back on Right, Sweep Left, Cha Cha back on Left.

- 1, 2 Step forward Right, Pivot ½ Turn Left (transferring weight from Right to Left).
- 3, 4 Sweep Right ½ Turn Left and close Right next to Left; (Keeping weight still on Left).
- 5 & 6 Step Right back, Close Left next to Right, Step Right back (Cha cha cha).
- & 7 & 8 Sweep Left from front to back, Step Left back, Close Right next to Left, Step Left back (Cha cha cha).

S3: Cross Right, Point Left, Cross Left, Point Right, Pop Right Knee In, Kick Right Foot to Right Diagonal, Weave Left: Behind, Side, Cross.

- 1, 2 Cross Right over Left, Point Left to Left side.
- 3, 4 Cross Left over Right, Point Right to Right side.
- 5, 6 Pop Right Knee In, Kick Right Foot to Right Diagonal.
- 7 & 8 Weave Left: Step Right behind Left, Step Left to Left side, Cross Right over Left.

S4: Left Side Rock Recover, Weave Right: Behind, Side, ¼ Turn, V-Box, Bounce, Bounce.

- 1, 2 Step Left to Left side, Recover back onto Right.
- 3 & 4 Weave Right: Step Left behind Right, Step Right to Right side, ¼ Turn Right; Stepping forward on Left.
- 5 & 6 & Step Right Heel out into Right diagonal, Step Left Heel out into Left diagonal, Step Right back, Step Left together.
- 7, 8 Bounce to the Right side, Bounce ¼ Turn Left to Left side. (Both feet together for both bounces).

S5: Right Heel Grind, Heel, Weave Left: Behind, Side, Cross, Left Heel Grind, Heel, Weave Right: Behind, Side, Cross.

- 1 & 2 & Right Heel over Left; (grinding motion), Recover Left, Right Heel to Right Diagonal, Recover Left.
- 3 & 4 Weave Left: Step Right behind Left, Step Left to Left side, Cross Right over Left.
- 5 & 6 & Left Heel over Right (grinding motion), Recover Right, Left Heel to Left Diagonal, Recover Right.
- 7 & 8 Weave Right: Step Left behind Right, Step Right to Right side, Cross Left over Right.

S6: Right Point (out, in, out), Weave Left: Behind, Side, Cross, Left Point (out, in, out), Weave Right: Behind, Side, ¼ Turn.

- 1 & 2 Right Point to Right side, Right Touch next to Left, Right Point to Right side.
- 3 & 4 Weave Left: Step Right behind Left, Step Left to Left side, Cross Right over Left.
- 5 & 6 Left Point to Left side, Left Touch next to Right, Left Point to Left side.

7 & 8 Weave Right: Step Left behind Right, Step Right to Right side, ¼ Turn Right; Stepping forward on Left.

S7: Right Dorothy Step, Left Dorothy Step, Right Rock Recover; (Optional: Body Roll), Right Coaster Step.

& 1, 2 Hitch Right, Step Right Heel to Right diagonal, Lock Left behind Right,
& 3, 4 Step Right to Right diagonal as you Hitch Left, Step Left Heel to Left diagonal, Lock Right behind Left,
& 5, 6 Step Left to Left Diagonal. Rock Right forward, Recover back onto Left (Optional: Body Roll).
7 & 8 Step Right back, Close Left next to Right, Step Right forward.

S8: Left Cross, Recover Right, Left Sailor ¼ Turn Left, 2 Paddle ¼ Turns (Optional: Hip Rolls).

1, 2 Left Cross over Right, Recover back onto Right.
3 & 4 (Sweep motion) Left Cross behind Right; making ¼ turn Left, Step Right beside Left, Step forward on Left.
5, 6 Step forward Right, ¼ Left (Optional: Hip Roll anticlockwise).
7, 8 Step forward Right, ¼ Left (Optional: Hip Roll anticlockwise).

No Restarts.

Tags: 3 Tags altogether; (2 short easy tags, 1 long tag).

Tag 1: On Wall 3 after Count 32 (half way through the dance following the two bounces on section 4) you will be facing the front wall and the tag is: Right Mambo Forwards, Left Mambo Back (Counts: 1 & 2, 3 & 4) Right step forward, Recover back onto Left, Right close next to Left. Left step back, Recover forward onto Right, Left close next to Right.

The dance then continues with the heel grinds on section 5

Tag 2: It's exactly the same as Tag 1 but on Wall 5; (same place in the dance to add in the Mambos and same direction; facing the front wall).

Tag 3: At the end of Wall 5 after the paddles (hip rolls), the music slows down and you dance the long tag:

Start facing the back wall (6 o'clock)

Weave Left: Right Cross, Side, Behind, Sweep, (Count: 1,2,3,4)

Cross Right over Left, Step Left to Left side, Step Right behind Left, Sweep Left from front to back.

Weave Right: Left Behind, Side, Cross, Sweep, (Count: 5,6,7,8)

Step Left behind Right, Step Right to Right side, Cross Left over Right, Sweep Right from back to front.

Weave Left: Right Cross, Side, Behind, ¼ Turn Left, Step Forward Right, Pivot ½ Turn Left, Full Turn Left, (Count: 1,2,3,4,5,6,7,8)

Cross Right over Left, Step Left to Left side, Step Right behind Left, ¼ Turn Left; Stepping forward on Left, Step forward Right, Pivot ½ Turn Left; transferring weight from Right to Left, Full Turn Left; Stepping Right ½ Turn, Stepping Left ½ Turn.

Now facing the side wall (9 o'clock)

Right Side, Hold, Left Rock back Recover, (Count: 1, Hold 2, 3,4)

Right step to Right side, Hold, Left step behind Right, Recover back onto Right.

Left Side, Hold, Right Rock back Recover, (Count: 5, Hold 6, 7,8)

Left step to Left side, Hold, Right step behind Left, Recover back onto Left.

1¼ Turn Right; (Stepping Right Left Right).

¼ Turn Right stepping forward Right, ½ Turn Right stepping back Left, ½ Turn Right stepping forward Right.

Now facing the front wall (12 o'clock)

Step out Left, Step out Right, (Lyrics: "I'll Go")

Pause: Optional head down,

Head back up, Right arm comes up, over and moves down with index finger pointing up, (Lyrics: "No!")

Stomp Right foot to Right side with optional Right arm pushing out, (Lyrics: Listen out for: "You've got nothing to say" and Stomp on "Nothing")

Stomp Left foot to Left side with optional Left arm pushing out, (Lyrics: Listen out for: "I'm not going away" and Stomp on "Going")

Arms down (Lyric: "There's")

4 Paddle ¼ Turns with optional arms: bringing both arms up diagonally (V-Shape) (Lyrics: "Noooooo Way!!!")

Step forward Right, ¼ Left x4

Step Right, Close Left with optional arms (Two strong beats)

Step Right to Right side; bringing Right arm up to Right Diagonal,

Close Left next to Right; bringing Left arm up to Left Diagonal (arms in V-Shape).

End of Tag 3 (if you used the last set of optional arms, bring your arms down and start Wall 6 of the main dance

Ending: The dance ends at the front wall.

To get there; after Wall 6 of the main dance, instead of finishing at the back wall after the 2 paddle $\frac{1}{4}$ turns, continue to dance a further 2 paddle $\frac{1}{4}$ turns; (4 paddles altogether) bringing you round to the front wall. Right arm comes up, over and moves down with index finger pointing up; (Lyrics: "No Way!"), after (Lyrics: "There's No Way!!!") finish with

Step Right, Close Left with optional arms (Two strong beats)

Step Right to Right side; bringing Right arm up to Right Diagonal,

Close Left next to Right; bringing Left arm up to Left Diagonal (arms in V-Shape).
