

# There's No Way

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Sophie Stevens (UK) - February 2020  
音樂: No Way (feat. Renée Lamb) - SIX



Music available on iTunes, Spotify and [www.amazon.co.uk](http://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).

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