

No Way

Choreographer: Matt Thomson

Description: 32 count, beginner social cha partner dance

Music: **I'm Not Running Any More** by John Mellencamp

Start dancing on lyrics

STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2 Step right forward, lock left behind

3&4 Chassé forward right-left-right

5-6 Step left forward, lock right behind

7&8 Chassé forward left-right-left

ROCK, RECOVER, ¼ SHUFFLE, 4 COUNT WEAVE

1-2 Rock right forward, recover to left

3&4 Turn ¼ right and step right side, step left together, step right side (hands move to lady's shoulders)

5-6 Cross left over, step right side

7-8 Cross left behind, sep right to right side

CROSS ROCK, SIDE SHUFFLE, 4 COUNT ¼ WEAVE

1-2 Cross/rock left over, recover to right

3&4 Chassé side left-right-left

5-6 Cross right over, step left side

7-8 Cross right behind, turn ¼ left and step left forward (hands move back to cape position)

FOUR SHUFFLES FORWARD

1&2 Triple in place right-left-right

3&4 Chassé forward left-right-left

5&6 Triple in place right-left-right

7&8 Chassé forward left-right-left

REPEAT

OPTION

Last 8 count: windmill turn - Shuffle, shuffle with a prep to the right, ½ turn shuffle to left, ½ turn shuffle to left - lady turns over right shoulder on 2nd and 3rd shuffles