

# Ain't No Way

Choreographed by Jan "Stray Cat" Brookfield

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Forever & For Always** by Shania Twain [ 96 bpm / CD: [Up!](#) ]

**The Long Goodbye** by Brooks & Dunn [ 144 bpm / CD: [Steers & Stripes](#) ]

RIGHT, CLOSE, RIGHT CLOSE FORWARD, LEFT, CLOSE, LEFT CLOSE FORWARD

1-2-3&4 Step right to side, close left to right, step right to side, close left to right, step right forward

5-6-7&8 Step left to side, close right to left, step left to side, close right to left, step left forward

STEP, ROCK, THREE QUARTER TURN SHUFFLE, STEP, ROCK BACK, COASTER STEP

9-10 Step forward on right, rock back onto left

11&12 Make a three quarter turn over right shoulder stepping right, left, right

13-14 Step forward on left, rock back onto right

15&16 Step back on left, step on right next to left, step forward on left (now facing 9:00)

SIDE, ROCK, CROSS, STEP, BEHIND & HEEL BALL CROSS, SIDE ROCK, QUARTER TURN LEFT

17&18 Rock right to side, rock weight onto left in place, step right across in front of left

19-20-& Step left to side, step right behind left, take small step back on left

21&22 Tap right heel diagonally forward, step on ball of right in place, step left in front of right

23-24 Step right to side, rock forward onto left making a quarter turn to left (now facing 6:00)

RIGHT, LOCK, RIGHT, STEP HALF PIVOT, SIDE ROCK CROSS, QUARTER TURN, HALF TURN

25&26 Step right forward, lock left behind right, step right forward

27-28 Step left forward, pivot half turn over right shoulder (facing 12:00)

29&30 Step left to left side, rock onto right in place, step left across in front of right

31-32 Step back on right making a quarter turn left step forward on left making a half turn over left shoulder (now facing 3:00)

REPEAT

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## Choreographer Contact Information:

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