

No Body

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Judy Rodgers (USA) - September 2022

Musik: No Body - Blake Shelton : (Album: No Body)



#16 count intro - 2 tags and 1 restart

S1: Kick & touch & step heel swivels, coaster step, shuffle

- 1&2 Kick R fwd, step on ball of R, touch L to left side
&3&4 Step L beside R, step R fwd, swivel both heels to right, swivel both heels back to center
5&6 Step R back, step L beside R, step R fwd
7&8 Shuffle fwd L, R, L

S2: Kick & touch, sailor turn 1/4 L, heel & heel &, walk R L

- 1&2 Kick R fwd, step down on R, touch L toe to left side
3&4 Turn 1/4 left step L behind R, step R to right side, step L to left side 9:00
5&6& Tap R heel fwd, step down R, tap L heel fwd, step down L
7-8 Walk R fwd, walk L fwd

***** Restart here on Wall 7 facing 3:00

S3: Side rock & side rock &, rock & turn 1/2 R, shuffle

- 1-2& Rock R to right side, recover L, step R beside L
3-4& Rock L to left side, recover R, step L beside R
5&6 Rock R fwd, recover L, turn 1/2 right step R fwd 3:00
7&8 Shuffle fwd L R L

S4: Out out in in, cross turn 1/4 R turn 1/4 R step

- 1-2 Step R out to right diagonal, step L out to left diagonal
3-4 Step R in to center, step L in beside R
5-6 Cross R over L, turn 1/4 right step L back 6:00
7-8 Turn 1/4 right step R to right side, step L fwd 9:00

Tag 1: Wall 1 - at end of Wall 1 dance the following 8 count tag (facing 9:00):

Jazz box, step/hip bumps right, step/hip bumps left

- 1-4 Cross R over L, step L back, step R to right side, step L fwd
5&6 Step R fwd bumping hips right, left, right
7&8 Step L fwd bumping hips left, right, left

Tag 2: Wall 4 - at end of Wall 4 dance the following 4 cnt tag (facing 12:00):

- 1-4 Roll hips right in a half circle from right, back, left over 4 counts (weight to L)

Dance ends on Wall 10 after 16 beats facing 6:00.....turn 1/2 R to face 12:00