

# No Body - 1

Count: 32

Wall: 2

Level: Improver

Choreographer: Carmela De Rosa (CH) - November 2022

Music: No Body - Blake Shelton



**\*\*2 Restarts : on wal 2, after 8 counts, facing 6.00 & on wall 8 after 16 counts, facing 12.00**

**Tag : 4 counts. Described at bottom of page**

**Intro : 16 counts, start on the lyrics**

## **Section 1 : Walk, Walk, Anchor Step, Coaster Step, Walk, Walk**

- 1-2 Walk right forward (1), walk left forward (2)
- 3&4 Weight slightly back on right (2), recover on left (&), step back on right (4)
- 5&6 Back left on the ball (5), right ball together (&), left forward (6)
- 7-8 Walk right forward (7), walk left forward (8)

**Restart here on the 2nd wall (6.00)**

## **Section 2 : Hip bump right & left, Cross, Back, ¼ Turn Chasse**

- 1-2 Hip bump right slightly forward (1), weight on the right (2)
- 3-4 Hip bump left slightly forward (3), weight on the left (4)
- 5-6 Cross right over the left (5), step back left (6)
- 7&8 ¼ Turn right and step right to the side (7), close left together right (&), step right to the side

**Restart here on wall 8 and change the count 7&8 to start the dance at 12.00 :**

- 7-8 Step right side (7), close left together (8)

## **Section 3 : Cross Rock, Chasse ¼ Turn, Step ½ Turn, Walk, Walk**

- 1-2 Cross left over the right (1), recover on the right (2)
- 3&4 Step left to left (3), close right together left (&), turn ¼ left and step left forward (4)
- 5-6 Step right forward (5), ½ turn left and sept left forward (6)
- 7-8 Walk right forward (7), walk left forward (8)

## **Section 4 : Out, Out, In, In Twice, Sway Right & Left Twice**

- &1&2 Out right (&), out left (1), in right (&), in left (2)
  - &3&4 Out right (&), out left (3), in right (&), in left (4)
  - 5-8 Step right side and sway right (5), sway left (6), sway right (7), sway left (8)
- (weight finish on the left to start again)**

## **TAG at the end of Wall 5 (12h00)**

- 1-4 Sway right (1), left (2), right (3), left (4) (finish with weight on the left)

**Ending at 12.00 : dance to Section 2, until count 6, step right to side (7) and left forward (8)**

**Smile and start the dance again !**

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**Last Update: 20 Nov 2022**