

# No Body

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mark Simpkin (AUS) - March 2023

Music: No Body - Blake Shelton



Intro 16 counts on lyrics

**# Tag at the end of wall 1 facing 3.00**

**## Tag at the end of wall 4 facing 12.00**

**### Restart after 16 counts on wall 7. Start facing 6.00 and restart 9.00**

## **ROCK R BACK, RECOVER L FWD, TURN 1/4 L, CROSS SHUFFLE, RECOVER R, 1/4 L, 1/2 L LOCK SHUFFLE**

1 2 3            Rock step R back, Step L forward, Turn 1/4 L Stepping R to R side (9.00)  
4&5            Cross L forward, Step R to R side, Cross L over R (cross shuffle)  
6 7            Recover R, Turn 1/4 L stepping on L (6.00)  
8 & 1           Turn 1/4 L stepping R to R side, Lock L over R, Turn 1/4 L stepping R back (1/2 shuffle)  
(12.00)

## **L BACK COASTER, STEP R FWD, 1/4 L PIVOT, R BACK COASTER, 1/2 R SHUFFLE ###**

2&3            Step L back, Step R beside L, Step L forward (coaster)  
4 5            Step R forward, 1/4 L Pivot (9.00)  
6&7            Step R back, Step L beside R, Step R forward (coaster)  
8&1            Turn 1/4 R stepping L to L side, Step R beside L, Turn 1/4 R Stepping L back sweep R  
around (1/2 shuffle) (3.00)

## **R SAILOR, L SAMBA, WALK FWD R, L, SHUFFLE FWD RLR**

2&3            Step R behind L, Step L to L side, Step R to R side (sailor)  
4&5            Step L over R, Step R to R side, Step L to L side (samba)  
6 7            Walk forward R, L  
8&1            Shuffle Forward RLR

## **STEP L FWD, 1/2 R PIVOT, 1/2 R, SHUFFLE, ROCK R BACK, RECOVER L, R FORWARD COASTER #, ##,**

2 3            Step L forward, 1/2 R pivot (9.00)  
4&5            Turn 1/4 R stepping L to L side, Step R beside L, Turn 1/4 R stepping L back (1/2 shuffle)  
(3.00)  
6 7            Rock R back, Recover L  
8&            Step R forward, Step L beside R

## **# Tag 1**

1 2 3 4            Rock R back, Recover L, R forward, Recover L back (Back rocking chair)  
5&6            Step R behind L, Step L to L side Step R to R side (R Sailor)  
7&8            Step L behind R, Step R to R side, Step L to L side (L Sailor)

## **## Tag 2 at the end of wall 4 facing 12.00**

1 2 3 4            Rock R back, Recover L, R forward, Recover L back (Back rocking chair)

**### Restart on wall 7 dance starting on the back wall (6.00) Dance the 16 counts to restart on the (9.00 wall). Instead of doing the 1/2 turning shuffle (8&1). After count 7, make 1/2 turn L stepping back on L (8) Then start again.**

Last Update - 22 May 2023

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