

# No Body

**COPPER** **NOB**  
BY STEPHEN BRETZ

Count: 32

Wall: 4

Level: Improver

Choreographer: Arizona FOX (FR) - April 2023

Music: No Body - Blake Shelton



**Intro : 16 counts - 1 restart, 1 ending**

## **Section 1 : Dorothy Step R, Dorothy Step L, Step R Fwd, 1/4 Turn L, Coaster Step R**

- 1-2& Step right foot forward diagonally right, Cross left foot behind right foot (lock), Step right foot forward diagonally right
- 3-4& Step left foot forward diagonally left, Cross right foot behind left foot (lock), Step left foot forward diagonally left
- 5-6 Step right foot forward, 1/4 Turn to the left with body weight on the left foot,
- 7&8 Step right foot back, Step left foot next to the right foot , Step right foot forward

## **Section 2 : Rock Step L, Heel R diagonal R, Heel L diagonal L, 1/4Turn L, Sailor R Touch**

- 1-2& Step left foot forward, Recover body weight on the right foot, Bring the left foot next the right foot
- 3&4& Tap heel right forward diagonal right, Bring the right foot next the left foot, Tap heel left forward diagonal left, Bring the left foot next the right foot
- 5-6 Step right foot forward , 1/4 Turn left with body weight on the left foot,
- 7&8 Step right foot behind the left foot, Step left foot next the right foot, Touch right foot next the left foot

**Restart here, wall 7, at 12.00 and ending here, wall 10, at 12.00**

## **Section 3 : Rumba Box Modified R L**

- 1&2 Step right foot to the right side, Step left foot next to the right foot, Step right foot forward
- 3&4& Tap heel left diagonal left forward, Bring the left foot next the right foot, Tap heel right diagonal right forward, Bring the right foot next the left foot
- 5&6 Step left foot to the left side, Step right foot next the left foot, Step left foot back
- 7&8 Tap heel right diagonal right forward, Bring the right foot next the left foot, Touch left foot next the right foot

## **Section 4 : Mambo Step L Side, Mambo Step R Side, Step L 1/4 Turn R, Cross Shuffle**

- 1-2& Step left foot to the left side, Recover body weight on the right foot, Bring left foot next the right foot
- 3-4& Step right foot to the right side , Recover body weight on the left foot, Bring right foot next the left foot
- 5-6 Step left foot forward, 1/4 Turn right with body weight on the right foot
- 7&8 Step left foot over the right foot, Step right foot to the right side, Step left foot over the right foot

## **Tag at the end of the wall 1 at 9.00 : Mambo Side R, Mambo Side L, Touch R**

- 1-2& Step right foot to the right side, recover body weight on the left foot, Bring right foot next the left foot
- 3-4& Step left foot to the left side, recover body weight on the right foot, Bring left foot next the right foot
- 5 Touch right foot next the left foot

## **Tag at the end of the wall 3 at 3.00 : Side Rock R, Touch R**

- 1-2-3 Step right foot to the right side, recover body weight on the left foot, Touch right foot next the left foot

**Ending: Add 4 counts, during wall 10, after section 2 and facing 12:00**

1-2 Step right foot to the right side, Touch left foot next the right foot  
3-4 Step left foot to the left side, Touch right foot next to the left foot

**ENJOY AND HAVE FUN !!!!!**

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