

# No Body

拍数: 32      墙数: 4      级数: Improver  
编舞者: Gail Smith (USA) - August 2022  
音乐: No Body - Blake Shelton



## INTRO: 16 Counts

### (LINDI R & L) SHUFFLE R, ROCK BACK, REC, SHUFFLE L, ROCK BACK, REC

1 & 2      Step R to side, Step L next to R, Step R to side  
3 - 4      Rock L back, Recover onto R  
5 & 6      Step L to side, Step R next to L, Step L to side  
7 - 8      Rock R back, Recover onto L

\*\*\*\*\* RESTART here on Wall 2. Happens facing 3:00

### WALK FWD R-L, KICK, STEP BACK, COASTER STEP, KICK-BALL-CHANGE

1 - 2      Step R fwd, Step L fwd  
3 - 4      Kick R fwd, Step R back  
5 & 6      Step L back, Step R next to L, Step L fwd  
7 & 8      Kick R fwd, Step ball of R foot next to L, Step L in place

\*\*\*\*\* RESTART here on Wall 8. Happens facing 6:00.

### STEP, PIVOT 1/2, SHUFFLE FWD, 1/2 TURN, 1/4 TURN, CROSSING SHUFFLE

1 - 2      Step R fwd, Pivot 1/2 Turn L 6:00  
3 & 4      Shuffle fwd stepping R-L-R  
5 - 6      Turn 1/2 R stepping L foot back (1200), Turn 1/4 R stepping R foot to side 3:00  
7 & 8      Step L over R, Step R slightly to side, Step L over R

(3/4 turn Option for those that don't do turns. Step L to 1/4 L and then step R to side)

### HIP BUMPS, JAZZ BOX w CROSS

1 & 2      Step R to slight fwd R diagonal and bump hips fwd-back-fwd  
3 & 4      Step L to slight fwd L diagonal and bump hips fwd-back-fwd  
5 - 6      Step R over L, Step L back  
7 - 8      Step R to side, Step L over R

## START OVER

\*\*\*\*\* TAG – At the END of Wall 5 REPEAT last 4 counts. Happens facing 12:00.

### JAZZ BOX w CROSS

1 - 4      Step R over L, Step L back, Step R to side, Step L over R

Last Update – 11 Sept. 2022