

No Body, No Crime

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Hanna Pitkänen (FIN) - November 2021
音樂: no body, no crime (feat. HAIM) - Taylor Swift



Intro: 16 counts of heavy beat

Notice that the dance starts on & count after 1. No tags or restarts. The music changes during the wall, so it will be easy to know where you are in the dance.

[&2-8]: Out, out, swivel heel in R & L, weave left, sailor step, swivel both heels right

&2 Step right to diagonal forward, step left to left side
3&4& Swivel right heel in, transfer weight right as you straighten heel, swivel left heel in, transfer weight to left as you straighten heel
5&6& Step right behind left, step left to side, step right over left, step left to side
7& Step right behind left, step left next to right
8& step right to side (toes pointing to right diagonal forward), swivel both heels to right

[19-16] swivel both heels left with ¼ turn, kick, step, shuffle fwd, 1/4 pivot, cross, side, behind, ¼ turn, touch

1&2 Turn ¼ right as you swivel both heels to left (weight on left) & bend your knees, low kick right forward, step right next to left (facing 3:00)
3&4 Step left forward, step right next to left, step left forward
5&6& Step right forward, transfer weight to left as you turn ¼ to left, step right over left, step left to side (facing 12:00)
7&8 Step right behind left, ¼ turn left stepping left forward, touch right forward, weight stays on left (facing 9:00)

[17-25] Swivel both heels right & center, touch, side step with 1/8 turn, rock step with ¼ turn, cross, full turn, reverse coaster step, back, back & sweep with 1/8 turn

&1 Swivel both heels to right, swivel both heels to center
&2 Touch right next to left, 1/8 turn right stepping right to side (facing 7:30)
3&4 Rock back left, recover right, ¼ turn left stepping left forward as you sweep right from back to front (facing 4:30)
5,6 Cross right over left, Full turn left on right foot (finishing left foot over right shin)
7&8 Step left forward, step right next to left, Step left back
&1 Step right back, step left back as you sweep right from front to back turning 1/8 right (facing 6:00)

EASY OPTION: On count 6 sweep left from back to front (weight stays on right)

[26-32] Sailor ¼ turn, step, ½ turn with sweep, sailor step, sailor step, kick

2&3 ¼ turn right stepping right behind left, step left next to right, step right forward (facing 9:00)
4,5 step left forward, ½ turn left stepping right back as you sweep left from front to back (facing 3:00)
6&7 Step left behind right, step right next to left, step left diagonal forward,
&8& Step right behind left, step left next to right, kick right forward

(optional hitch for styling before stepping to press on count 1)

[33-40] Press, swivel, swivel, kick, coaster step, scuff, rock step, back with sweep & 1/4 turn, back with sweep, rock step

1&2& Press right forward, swivel right heel to right, return right heel to center, kick right forward
3&4& Step right back, step left next to right, step right forward, scuff left forward
5,6 Rock left forward, step back right sweeping left from front to back as you turn ¼ left (facing 12:00)
7,8& Step left back sweeping right from front to back, rock back right, recover weight to left

[41-48] Press, swivel, swivel, kick, coaster step, scuff, rock step, back with sweep & 1/4 turn, back with sweep, rock step

1-8& Repeat counts 33-40 (facing 9:00)

[49-56] Press, swivel, swivel, kick, coaster step, scuff, rock step, back with sweep & 1/4 turn, back with sweep, rock step

1-8& Repeat counts 33-40 (facing 6:00)

[57-65] Full turn, step, ½ turning shuffle, sweep, sailor step, sailor step out R L

1,2, Step right foot forward as you make a full turn left (finishing left foot touching forward), step left forward

3&4 ½ turn left stepping back right, step left over right, step right back as you sweep left from front to back (facing 12:00)

5&6 Step left behind right, step right next to left, step left diagonal forward

&7 Step right behind left, Step left next to right,

8,1 Step right diagonal forward, step left to side

EASY OPTION: on count 1 step right forward

[66-73] Cross rock & side x 2, cross rock & ¼ turn, step, lock, step

2&3 Cross rock right over left, recover weight to left, Step right to side

4&5 Cross rock left over right, recover weight to right, step left to side

6&7 Cross rock right over left, recover weight to left, ¼ turn right stepping right forward (facing 3:00)

8&1 Step left forward, step right behind left, step left forward

[74-81] Cross rock & side, cross rock & ¼ turn, ½ turn & sweep, coaster step, lock, step

2&3 Cross rock right over left, recover weight to left, step right to side

4&5 Cross rock left over right, recover weight to right, ¼ turn left stepping left forward (facing 12:00)

6 ½ turn left stepping right back as you sweep left from front to back (facing 6:00)

7&8 Step left back, step right next to left, step left forward

&1 Step right behind left, Step left next to right

REPEAT

Ending: Dance the third wall up to count 8 of the last section [74-81] (leaving &1 out), on spot pivot ½ turn to right on left foot (facing 12:00)

Have fun dancing!
