

No Body

拍數: 32 牆數: 4 級數: Intermediate
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音樂: No Body - Blake Shelton : (Spotify)



*6 Tags and 0 Restart.

#16 count intro - Start feet together weight on L

Sec 1: V Step - Chasse R - Back Rock

1 - 2 Step R forward to R diagonal, Step L forward to L diagonal
3 - 4 Step R back to place, Step L back to place
5&6 Step R to R side, Step L next to R, Step R to R
7 - 8 Step L behind R, Recover weight on R

Sec 2: V Step - Chasse L - Back Rock

1 - 2 Step L forward to L diagonal, Step R forward to R diagonal
3 - 4 Step L back to place, Step R back to place
5&6 Step L to L side, Step R next to L, Step L to L
7 - 8 Step R behind L, Recover weight on L

Sec 3: Side Mambo - Jazz Box with ¼ turn

1&2 Step R to side, Recover on L, Close R together
3&4 Step L to side, Recover on R, Close L together
5 - 6 Step R across L, Step L back
7 - 8 Step R forward wile turn ¼ R, Step L across R

Sec 4: Stomp X2, Brush down and up and Clap - Sailor step X2

1 - 2 Stomp R to R side, stomp L to L side
3&4 Swing both arms brushing the sides of your hips down and up, and clap hands
5&6 Step R behind L, Step L to side, Step R in place,
7&8 Step L behind R, Step R in place, Step L in place

TAG: Vaudeville & Rocking chair

1&2& Cross R over L, Step L to L side , R heel to R diagonal, Step R in place
3&4& Cross L over R, Step R to R side, L heel to L diagonal, Step L in place
5 - 8 Rock forward on R, recover on L, rock back on R, recover on L

Wall 1 after 32 count TAG

Wall 4 after 32 count TAG without Rocking chair

Wall 6 after 32 count 2 X TAG

Wall 8 after 32 count 2 X TAG

Have fun

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