

No Body

拍數: 32 牆數: 4 級數: Improver
編舞者: Craig Hollamon (USA) & Lindsey Blaufarb (USA) - August 2022
音樂: No Body - Blake Shelton



#16 Count Intro / 2 Easy Restarts / 1 4-Count Tag

Sequence: Intro, 32, 8, 32, 32, 32, Tag, 32, 32, 16, 32 rest of way

A. FLICK, HITCH, STEP, HOOK, UNWIND, STEP, TOGETHER, STEP, TOGETHER

1&2 Flick R to R, as slap with R hand (1), Hitch R, as slap with L hand (&), Step R forward (2)
3,4 Hook L behind R (3), Full unwind L, transferring weight to L (4)
5,6,7,8 Step R to R (5), Step L next to R (6), Step R to R (7), Step L next to R (8) (12:00)

Wall 2 – Restart after 8 Counts

B. R TRIPLE, ¼ ROCK, RECOVER, ¼ L TRIPLE, ¼ ROCK, RECOVER

1&2 Step R to R (1), Step L next to R (&), Step R to R (2)
3,4 Turn ¼ R, rocking L forward (3), Recover onto R (4) (3:00)
5&6 Turn ¼ L, stepping L to L (5), Step R next to L (&), Step L to L (6)
7,8 Turn ¼ L, rocking R forward (7), Recover onto L (8) (9:00)

Wall 8 – Restart after 16 Counts

C. ¾ R, STEP TOGETHER, DOUBLE CLAP, HEEL, TOGETHER, HEEL, TOGETHER, STEP/ ¼ PIVOT

1,2,3 Turn ¼ R, stepping R to R (1), Turn ¼ R, stepping L forward (2), Turn ¼ R, close R next to L (3) (6:00)
&4 Double Clap (&4) (weight on L)
5&6& Tap R heel forward (5), Replace next to L (&), Tap L heel forward (6), Replace next to R (&)
7,8 Step R forward (6), Pivot ¼ L, stepping L in place (8)

D. ¼ PIVOT, ¼ PIVOT, JAZZ TRIANGLE

1,2 Step R forward (1), Pivot ¼ L, stepping L in place (2)
3,4 Step R forward (3), Pivot ¼ L, stepping L in place (4)
5,6,7,8 Cross R over L (5), Step L back (6), Step R to R (7), Step L next to R (8)

TAG: After 5th start of dance, (Facing 12:00) 4 Count counter-clockwise hip roll, weight ending on L

Submitted by - cbann@aristomedia.com