

No Body

拍數: 32 牆數: 4 級數: Improver
編舞者: Gail Smith (USA) - August 2022
音樂: 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