

# No Body

拍數: 32      牆數: 4      級數: Improver  
編舞者: Judy Rodgers (USA) - September 2022  
音樂: No Body - Blake Shelton : (Album: No Body)



## #16 count intro - 2 tags and 1 restart

### S1: Kick & touch & step heel swivels, coaster step, shuffle

1&2      Kick R fwd, step on ball of R, touch L to left side  
&3&4      Step L beside R, step R fwd, swivel both heels to right, swivel both heels back to center  
5&6      Step R back, step L beside R, step R fwd  
7&8      Shuffle fwd L, R, L

### S2: Kick & touch, sailor turn 1/4 L, heel & heel &, walk R L

1&2      Kick R fwd, step down on R, touch L toe to left side  
3&4      Turn 1/4 left step L behind R, step R to right side, step L to left side 9:00  
5&6&      Tap R heel fwd, step down R, tap L heel fwd, step down L  
7-8      Walk R fwd, walk L fwd

\*\*\*\*\* Restart here on Wall 7 facing 3:00

### S3: Side rock & side rock &, rock & turn 1/2 R, shuffle

1-2&      Rock R to right side, recover L, step R beside L  
3-4&      Rock L to left side, recover R, step L beside R  
5&6      Rock R fwd, recover L, turn 1/2 right step R fwd 3:00  
7&8      Shuffle fwd L R L

### S4: Out out in in, cross turn 1/4 R turn 1/4 R step

1-2      Step R out to right diagonal, step L out to left diagonal  
3-4      Step R in to center, step L in beside R  
5-6      Cross R over L, turn 1/4 right step L back 6:00  
7-8      Turn 1/4 right step R to right side, step L fwd 9:00

### Tag 1: Wall 1 - at end of Wall 1 dance the following 8 count tag (facing 9:00):

#### Jazz box, step/hip bumps right, step/hip bumps left

1-4      Cross R over L, step L back, step R to right side, step L fwd  
5&6      Step R fwd bumping hips right, left, right  
7&8      Step L fwd bumping hips left, right, left

### Tag 2: Wall 4 - at end of Wall 4 dance the following 4 cnt tag (facing 12:00):

1-4      Roll hips right in a half circle from right, back, left over 4 counts (weight to L)

Dance ends on Wall 10 after 16 beats facing 6:00.....turn 1/2 R to face 12:00