

No Body

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Tina Argyle (UK) - October 2022
音樂: No Body - Blake Shelton : (amazon)



Count In : 16 counts from very start of track approx 10 seconds in – start with lyrics

S1: Kick & Cross, Kick & Cross. Side Rock Recover. Behind Side Cross

1&2 Kick R to right diagonal, step down R cross L over R
3&4 Kick R to right diagonal, step down R cross L over R
5 - 6 Rock R to right side, recover
7&8 Cross R behind L, Step L to let side, Cross R over L

S2: (&) Cross with Dip, Side Behind ¼ Turn. ½ Pivot Turn, Full Turn (or Walk, Walk)

&1 Step L to left side, Cross R over L bending knees
2,3,4 Straighten legs stepping L to left side, Cross R behind L, Make ¼ turn left stepping fwd L (9 o'clock)
5 - 6 Step fwd R make ½ pivot turn left onto L (3 o'clock)
7 - 8 Make ½ turn left stepping back R, Make ½ turn left stepping fwd. L (or walk fwd R,L) (3 o'clock)

*** Re-Start here during Wall 5 facing 3 o'clock ***

S3: Rock Recover ¾ Triple Turn. Rock Recover ½ Shuffle Turn

1 - 2 Rock fwd R recover weight onto L
3&4 Make ¾ turn right stepping R,L,R (12 o'clock)
5 - 6 Rock fwd L recover weight onto R
7&8 Make ½ turn left stepping forward L, close R at side of L , Step fwd L (6 o'clock)

S4: Side Rock Recover & Side Rock Recover. Jazz Box ¼ Turn, Slide Together

1 - 2 Rock R to right side, recover weight onto L
&3,4 Step R at side of L, Rock L to left side, Recover weight onto R
5 - 6 Cross L over R, ¼ turn left stepping back R (3 o'clock)
7 - 8 Step long step L to left side, Drag and Step R at side of L

TAG: During Wall 3 here tap R at side of L on count 8 then add 4 counts here - start the dance again from the beginning facing 9o'clock

1 – 2 Step long step R to right side, Drag and Touch L at side of R
3 – 4 Step long step L to left side, Drag and Touch R at side of L

S5: Cross Hold & Behind Hold & Jazz Box Cross

1 - 2 Cross L over R, Hold.
&3,4 Step R to right side, Cross L behind R, Hold
&5,6 Step R to right side, Cross L over R, Step back R
7 – 8 Step L to left side , Cross R over L

*** Re-Start here during wall 1 – on count 8 touch R at side of L – start the dance again facing 3 o'clock ***

S6: L Side Together Shuffle Fwd. R Side Together Shuffle Fwd.

1 - 2 Step L to left side, Close R at side of L
3&4 Step fwd L close R at side of L step fwd L
5 - 6 Step R to right side, Close L at side of R
7&8 Step fwd R close L at side of R step fwd R

S7: Step Tap Shuffle Back. ½ Shuffle Turn. 1/4 Chasse

- 1- 2 Step fwd L tap R behind L
- 3&4 Step back R, Close L at side of R, Step back R
- 5&6 Make ½ shuffle turn left stepping L,R,L (9 o'clock)
- 7&8 Make ¼ turn left stepping R to right side, Close L at side of R, Step R to right side (6 o'clock)

S8: L Sailor Step. R Sailor Step. Touch ¼ Turn. R Rock Back Recover

- 1&2 Cross L behind R, Rock R to right side, Recover onto L
- 3&4 Cross R behind L, Rock L to left side, Recover onto R
- 5 - 6 Touch L toe back, make ¼ turn left onto L (3 o'clock)
- 7 - 8 Rock back R, Recover weight onto L

TAG During wall 3 see in step description above

Re-Starts During walls 1 & 5 see in step description above

Ending On final wall take the & cross weave to 12 o'clock crossing R over L. step L to left side

Last Update: 6 Oct 2022
