

# 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**

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