

# No Body

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lynne Hoover (USA) - October 2022  
音樂: No Body - Blake Shelton



## #16 Count Intro - 1 Restart, 2 Tags

### STEP TOUCH, SHUFFLE BACK, WEAVE R,

1-2            Right steps fwd, left touches behind R  
3&4            Shuffle back LRL  
5-8            Step on R, Left steps behind R, Step on R, L crosses over R

### PIVOT ¼ L, STEP BEHIND, FULL TURN SHUFFLE, STEP TOUCH

1-2            R foot ¼ left turn, step on L  
3-4            R steps behind L, step on L  
5&6            Shuffle turn 360 left RLR, or fwd shuffle  
7-8            Step fwd on L, touch R behind L

\*\*\* RESTART HERE WALL 7\*\*\*

### KICK BALL CROSS, STEP DRAG, KICK BALL CROSS, STEP DRAG

1&2            Kick R fwd, step on R, cross L over R (take weight on L)  
3-4            Step out on R, drag L foot next to R  
5&6            Kick L fwd, step on L, cross R over L (take weight on R)  
7-8            Step out on L, drag R foot next to L

### MONTEREY TURN, HIP BUMPS

1-2            Point R foot out to side, make ½ turn R (take weight on R)  
3-4            Point L foot out to side, step L foot next to R  
5&6            Weight on R, double hip bumps  
7&8            Weight on L, double hip bumps

\*1st tag is at end of wall 1 facing 3:00, 8 counts:

1-4            Jazz box (cross R over L, step on L, step on R, step on L)  
5-8            Jazz box

\*\*2nd tag is at end of wall 4 facing 12:00, 4 counts:

1-4            Sway R-L-R-L

Dance will end facing 6:00 after the first 16.

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