

No Body - 1

拍數: 32 牆數: 2 級數: Improver
編舞者: Carmela De Rosa (CH) - November 2022
音樂: No Body - Blake Shelton



****2 Restarts : on wal 2, after 8 counts, facing 6.00 & on wall 8 after 16 counts, facing 12.00**

Tag : 4 counts. Described at bottom of page

Intro : 16 counts, start on the lyrics

Section 1 : Walk, Walk, Anchor Step, Coaster Step, Walk, Walk

1-2 Walk right forward (1), walk left forward (2)
3&4 Weight slightly back on right (2), recover on left (&), step back on right (4)
5&6 Back left on the ball (5), right ball together (&), left forward (6)
7-8 Walk right forward (7), walk left forward (8)

Restart here on the 2nd wall (6.00)

Section 2 : Hip bump right & left, Cross, Back, ¼ Turn Chasse

1-2 Hip bump right slightly forward (1), weight on the right (2)
3-4 Hip bump left slightly forward (3), weight on the left (4)
5-6 Cross right over the left (5), step back left (6)
7&8 ¼ Turn right and step right to the side (7), close left together right (&), step right to the side

Restart here on wall 8 and change the count 7&8 to start the dance at 12.00 :

7-8 Step right side (7), close left together (8)

Section 3 : Cross Rock, Chasse ¼ Turn, Step ½ Turn, Walk, Walk

1-2 Cross left over the right (1), recover on the right (2)
3&4 Step left to left (3), close right together left (&), turn ¼ left and step left forward (4)
5-6 Step right forward (5), ½ turn left and sept left forward (6)
7-8 Walk right forward (7), walk left forward (8)

Section 4 : Out, Out, In, In Twice, Sway Right & Left Twice

&1&2 Out right (&), out left (1), in right (&), in left (2)
&3&4 Out right (&), out left (3), in right (&), in left (4)
5-8 Step right side and sway right (5), sway left (6), sway right (7), sway left (8)
(weight finish on the left to start again)

TAG at the end of Wall 5 (12h00)

1-4 Sway right (1), left (2), right (3), left (4) (finish with weight on the left)

Ending at 12.00 : dance to Section 2, until count 6, step right to side (7) and left forward (8)

Smile and start the dance again !

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