

NO BODY (But Yours)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Mary Lou Lane (USA) - January 2023
音樂: No Body - Blake Shelton



Intro: 16 count intro – start on lyrics
Easy Restart & Tag

SHUFFLE R SIDE, ROCK RECOVER – SHUFFLE L SIDE, ROCK RECOVER

1&2 Step right to right, step left next to right, step right to right
3-4 Rock back on left, recover right
5&6 Step left to left, step right next to left, step left to left
7-8 Step right back, recover left

(Restart on wall 2 after first 8 cts)

KICK BALL CHANGE, DIAGONAL RIGHT X2, WALK RIGHT, WALK LEFT, SHUFFLE R FWD

1&2 Kick R forward diagonal, Step R next to L, Step L next to R
3&4 Kick R forward diagonal, Step R next to L, Step L next to R
5-6 Walk R diagonal, Walk L diagonal
7&8 Step R forward, Step L together, Step R forward

KICK BALL CHANGE LEFT DIAGONAL X2, WALK LEFT, WALK RIGHT, SHUFFLE L FWD

1&2 Kick L forward diagonal, Step L next to R, Step R next to L
3&4 Kick L forward diagonal, Step L next to R, Step R next to L
5-6 Walk L diagonal, Walk R diagonal
7&8 Step L forward, Step R together, Step L forward

HIP BUMPS RIGHT & LEFT, ¼ TURNING JAZZ BOX

1&2 Touch R toe forward, bump hips R, Drop R heel (take weight)
3&4 Touch L toe forward, bump hips L, Drop L heel (take weight)

(You may substitute hip bumps with toe struts 1,2,3,4)

5,6,7,8 Cross R over L, Step back L, ¼ turn stepping R to R side, Cross L over R (3:00)

End of Dance – Enjoy!!

TAG: 20 Count Tag – after wall 6, facing 6:00 – Jazz Box, Rock fwd R, shuffle back, Rock back L, shuffle forward, 8 ct Jazz Box [Funky Jazz Box]

1-2-3-4 Cross R over L, Step back L, Step R next to left, Step L
1-2, 3&4 Step R forward, recover left, shuffle back right, left, right
5-6, 7&8 Step L back, recover R, shuffle forward left, right, left
1-2-3-4 Step R over L on ball of foot, Drop heel, Step back on L ball of foot, Drop heel
5-6-7-8 Step to R on ball of foot, Drop heel, Step L over R on ball of foot, Drop heel - RESTART